Millbrook
Cook Book

1923

PUBLISHED BY
Millbrook Civic Club
BENEFIT OF
Student Loan Fund

Mrs Rayburn

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MILLBROOK COOK BOOK

Published by

MILLBROOK CIVIC CLUB

BENEFIT OF

STUDENT LOAN FUND

1923

The ladies of the Millbrook Civic Club wish to express their appreciation for the co-operation and loyal support of those who subscribed the advertisements of this book. We earnestly request that all readers of the Millbrook Civic Club Cook Book consult the list of Advertisers before making purchases.

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Montgomery, Ala.

NOTES ON SERVING

I. Position of Table:

The table should be in the center of the room, covered at noon and at breakfast with doilies, but must have a cloth for dinner. Each mat should have an asbestos cloth under it; avoid too many doilies. Three doilies are absolutely necessary, one for the plate, one for bread and butter and one for the glass. The long thread of both cloth and doilies should run the long way of the table. The plate doilie should be 1|8 inch from the edge of the table and the other two at the upper right and left hand side. The cloth when used should be preceded by a silence cloth of felt or flannel and the long lines of the cloth run the long way of the table.

The table cloth should hang at least nine inches below the sides of the table and the better ones should just escape the floor.

II. Chairs:

When the chairs are placed for use they should not break the line of the table cloth and when not in use, the chairs should be placed in convenient places around the room.

III. Buffet:

The buffet should be covered the same as the table with doilies if they are used and with a cloth, if that is used.

IV. Serving Table:

The serving table should always be covered and is used for hot dishes, soiled dishes and crumb trays. The amount of space for one cover should not be less than two feet and more is better.

V. Silver:

It is used from the outside in and should be placed with the handles on a line. The knife should be at the right of the plate with the cutting edge turned toward the plate. The fork should be at the left of the plate with the tines up. The oyster fork should be placed at the left of the fork. The spoon should be at the right of the knife.

For a formal dinner enough silver should be placed for three courses and the rest brought on with the course. The napkin should be placed at the left of the fork with the open edge of the napkin toward the fork and the edge of the table.

VI. Plate:

The dinner plates should be directly in front of the person and if it has a monogram it should face the person. The bread and butter plate should be placed at the top of the fork and the bread and butter knife diagonally across the plate. The water glass should be at the tip of the knife and should be kept three-fourths full.

The salt and pepper may be placed at the top of every plate or between two people. If finger bowls are used they may be placed first on the service plate, second, at the top of the plate, third at the left of the plate, fourth on the side board and fifth on the serving board.

The service plate should be used under small dishes to give balance or when one wants the place to be covered. After the meat course a service plate is not necessary. You may have the place bare until the dessert is brought in.

VII. Spoons:

Bouillion spoons are used interchangeably with tea spoons. Coffee spoons should be of two sizes the small ones for after dinner coffee and the large ones for breakfast coffee. Coffee is always placed at the right and near the top of the plate. Bouillion may be served in tea cups and the handle of the cup may be turned to the left.

The dessert spoons are a size larger than tea spoons and may be used for cereals as well. If you do not have a soup spoon a tablespoon may be used but never a teaspoon. The crumbs should be removed after the last course before the dessert.

English service is where the food is served by the hostess.

Russian service is where everything is served from the side. Combination of the two is more often used.

To remove the dishes: Remove the large dishes beginning with the food and then the smaller dishes.

Remove everything pertaining to one course before beginning on the next. Never pile dishes. When doilies are used collect the dishes and then go back and collect the doilies. All used silver must be removed before the dessert course. If you are hostess at a meal you are supposed to eat until everybody has stopped eating.

—Courtesy of Miss Elizabeth Sightler.

COCKTAILS

OYSTER COCKTAIL

Have as many punch glasses as guests. Put in each glass 4 or 5 small oysters. Season with salt, pepper, tomato catsup, Worcestershire sauce, a drop of Tabasco sauce, a few drops of lemon juice and a little grated Horseradish. Serve very cold.

Mrs. G. C. Gilder

FRUIT COCKTAIL

6 oranges
3 grapefruits
1 small can pine apple
1 small bottle cherries
1 1|2 cups sugar

Cut oranges, pineapple and grapefruit in small pieces. Mix well with sugar and stand on ice several hours before serving. Cut cherries into small pieces and sprinkle all over tops of cocktails.

Mrs. W. H. Myers

THOUSAND ISLAND DRESSING

1|2 cup mayonnaise
1 tablespoonful pimentos, cut in small pieces
1 tablespoonful green pepper, cut in small pieces
1 teaspoonful celery seed

Mix thoroughly. Can be used for lobster, oyster, and shrimp cocktail.

Mrs. F. E. Zeigler

MINT COCKTAIL

1 can sliced pineapple
3 oranges
1|2 pound after dinner mints

Cut pineapple into small cubes, remove the pulp of oranges from the dividing membrane and cut into small pieces .Break mints into tiny pieces and mix with the fruit one hour before serving, setting away in cold place. Serve in sherbert glasses, covered with crushed ice and powdered sugar.

Mrs. Roscoe Kershaw.

FRUIT COCKTAIL

Remove pulp from grapefruit and mix with shredded pineapple, bananas cut in slices and slices cut in quarters and strawberries cut in halves, using half as much pineapple and bananas as grape fruit and allowing four strawberries to each served. Chill thoroughly, serve in cocktail glasses and garnish with cherries.

Mrs. Madge Williamson

SOUPS

GENERAL DIRECTIONS

In making soup use cold water to draw out the juices. Cutting the meat in small pieces will greatly aid in extracting the juices. Heat slowly and remove carefully the scum as it rises. Let it simmer slowly for four hours. When nearly done add seasoning. —Selected

CREAM TOMATO SOUP

1 can tomatoes
1 cup boiling water
1 even teaspoonful of soda
butter size of an egg
1 small onion
1 quart sweet milk
salt and pepper

Let onions and tomatoes boil ten minutes. Add salt and pepper, strain. Boil milk. Stir in butter and soda. When this comes to a good boil pour in strained tomatoes. Serve at once. **Mrs. W. M. Blakey**

NOODLES FOR SOUP

Beat one egg till light, add a pinch of salt and flour enough to make a very stiff dough, roll out very thin, dredge with flour to keep from sticking. Let it remain on board to dry for an hour or more then roll in a tight scroll. Begin at the end and slice it into strips as thin as straws. After all are cut, mix them together lightly, and to prevent them from sticking, keep them floured a little until you are ready to drop them into the soup, which should be done shortly before dinner. **Mrs. F. E. Ziegler**

VEGETABLE SOUP

1 medium size soup bone
1|2 can of corn or three ears
1|2 can of tomatoes or three fresh ones
1 onion, 1|4 cup of rice or 1|2 cup macaroni
1 small can okra, good brand
1 gallon cold water
Salt and pepper to taste.

Put soup bone in cold water, bring slowly to boil and simmer—not boil. Add the seasonings and vegetables that need long cooking. One hour before serving add other vegetables and simmer till ready to serve.

Rice should be added early in the making while potatoes need only an hour's cooking. **Mrs. Sam Cobb**

CREAM OF OYSTER SOUP

1 pint oysters
1 level tablespoon butter
Salt and pepper to taste
1 quart milk
1 level table spoon flour
1|2 cup whipped cream

Chop the oysters, drain off the liquor and add to it an equal amount of water; heat slowly, skim well, then put in the chopped oysters and cook three minutes. Scald the milk, thicken the butter and flour creamed together and add to the oysters with seasoning.

Put in the cream the last minute before serving.

Mrs. Cornelia Branch Frasier

SPLIT PEA SOUP

1 cup dried split peas
1 pint milk
3 teaspoonsful butter
1 1|2 teaspoonsful salt
2 1|2 cups cold water
1|2 onion
2 teaspoonsful flour
1|8 teaspoonful pepper
2 inch cube of salt pork

Soak peas several hours, drain and add cold water pork and onion. Simmer three or four hours or until soft. Rub through sieve. Add butter and flour cooked together. Add salt and pepper to taste. Dilute with milk, adding more if soup is too thick.

Elizabeth Sightler

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of
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FISH

SALT MACKEREL

Soak over night in cold water. Boil until tender, then drain. Pour over melted butter, sprinkle on a little pepper and serve hot. Serve potatoes boiled with the jacket on with this. **Mrs. Roscoe Kershaw**

BROILED SHAD

Split and wash the shad, and afterwards dry it in a cloth. Season it with salt and pepper. Have frying pan red hot and greased. Put the flesh side down. Cover with a pan and broil 15 minutes. Butter at will and serve immediately.

Mrs. F. E. Zeigler

BAKED RED SNAPPER

Clean and dress a three pound Red Snapper Fish. Wipe dry on a cloth, stuff with a bread stuffing, then place in a baking pan with a little hot water—just enough to keep from sticking to the pan. Over the whole pour one can of tomatoes, cut one small onion up fine and put all around over the fish. Place in an oven and bake till done. Serve hot and garnish with lemon. **Mrs. F. C. Zeigler**

SALMON SAUCE

Liquid from a can of salmon, one tablespoonful melted butter, 1|2 cup of milk. Bring these ingredients to the boiling point, and thicken with one teaspoonful of corn starch diluted with two tablespoonsful of tomatoe catsup; salt and pepper. **Mrs. F. S. Zeigler**

DRINK
Buffalo Rock Ginger Ale
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WHEN IN MONTGOMERY
EAT AT
MORRISON'S

SALMON LOAF

One pound can of salmon, drain off liquor and flake very fine. Add two tablespoonfuls of butter. Beat two eggs lightly, add 1|4 cup bread crumbs, and 1|4 cup cream; 1|2 tablespoonful mixed parsley and cayenne pepper, salt to taste. Mix thoroughly with salmon and bake 25 minutes. Serve with salmon sauce.

Mrs. F. E. Zeigler

CRAB MEAT PATTIES

Use one can of crab meat. Make a brown sauce. When sauce is ready stir in your crab meat and add a little salt. red pepper, and paprika. Fill pattie shells, serve hot. If can't get pattie shells serve on thin toast.

Mrs. J. D. McKeithen

OYSTERS

One pt of oysters or two cans; drain and fry in butter just long enough for edges to curl. Make a thick white sauce adding the oyster liquor to it and pour over the oysters. Salt and pepper and celery salt to taste. Serve on toasted squares or left over macaroni with a relish.

Mrs. E. A. Loehne, Coosada

MONTGOMERY FAIR
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MEATS

INDIAN CHUBNEY

(Sauce for Meats)

3 lbs ripe tomatoes
1 lb. seedless raisins
1|4 lb dried garlic
2 oz salt
1|2 teaspoonful red pepper
1 lb apples pealed and chopped
1|2 lb onion chopped fine
3|4 lb sugar
1 oz ginger cracked fine
1 qt vinegar

Mix together and boil slowly for one hour. Serve on meats.

Mrs. Frank Randolph

LAMB ROAST SAUCE

Put half of a small bottle of tomato catsup in a boiler with one cup of water, a tablespoonful each of Worcestershire sauce and vinegar, juice of half a lemon and two whole slices and a pinch of mustard, salt and pepper. Let all cook until it thickens a little and baste the roast with it.

Mrs. W. J. Judkins

CAMP STEW—5 Gallons

2 hog heads
2 hens (cooked)
Remove bone carefully and thoroughly. Put back in the pot
Add 5 cans corn and 5 cans tomatoes
1 large bottle Lee and Perrins sauce
Half gallon of tomato catsup
Pint of vinegar
Half gallon chipped Irish potatoes
1 lb butter
Salt and pepper to suit taste.
Cook thoroughly. Should boil two hours after all ingredients are added.

S. B. Cobb, Sr.

COMPLIMENTS
OF
Mr. J. D. CHAPMAN

CREAM CHICKEN

In a double boiler melt 2 tablespoonsful of butter, put in 2 tablespoonsful of flour, 1|4 teaspoonful of salt, a little pepper, a little celery salt (or a cup of celery cut very fine and put in after takin from stove). Stir until smooth then add gradually one cup of hot milk. When this sauce has become thick, add two cups of chicken cut in small pieces, 1|2 can of mushrooms. Stir carefully until hot. Serve on toast or in shells. (Very good with the mushrooms.)

Mrs. Dan Pratt

CHICKEN WITH PEPPERS

A delicious made over dish of chicken is made with the aid of green peppers. Cut off tops of peppers, scoop out membrane. Cut up chicken, mix with boiled rice and fill peppers with mixture. Place in baking pan and pour in enough water or stock, immerse peppers half way and bake for thirty or forty minutes. You may use other cold meats in this way.

Mrs. Thos. W. Cobb

FRIED LIVER WITH GRAVY

After well salting the liver, cover with boiling water and allow it to remain five minutes. Take out of water, drain, sprinkle with salt, pepper and flour; fry in hot skillet with one tablespoonful of butter. When nice and brown pour on enough hot water to cover. Mince one onion into this and allow to simmer until water evaporates, then add same amount of water and let boil. **Mrs. Thos. W. Cobb**

STANLEY PAULGER
PHOTOGRAPHER
9 1-2 Court Square Montgomery, Ala.

BLANKETED STEAK

Use sirloin steak, cut 1 1|4 inches thick. Wipe steak with damp cloth. Broil eight minutes, place on platter spread with butter, season with salt. Drain liquor from one pint of oysters, cover steak with same, season oysters with salt. Dab with butter. Place on a grate in hot oven and bake until oysters are plump.

Mrs. Mary J. Vaughan, Montgomery

VEAL LOAF

2 lbs round steak ground	1 onion ground
1|2 cup bread crumbs	1 egg

Pepper and salt to taste.

Butter pan, sprinkle with flour, cover with water and bake about one hour, basting frequently. **Mrs. F. E. Zeigler**

CREAMED CHICKEN

Boil with salt a young fat hen killed twelve hours previously. When thoroughly tender, separate meat from bones and cut in small pieces with scissors. Chop finely two bunches of celery and cook till tender. Drain water off and add celery to chicken. Then add one can of mushrooms thoroughly cooked, 1 Bell pepper and 1 small onion finely chopped. To this mixture, add generous supply of highly seasoned cream dressing. Put whole in ramikins and bake in oven twenty minutes. Serve piping hot. **Mrs. Hines Hall**

STUFFED HAM

Boil ham until tender. Stick full of holes with ladle handle. Make a dressing of bread crumbs, softened with vinegar, salt, pepper, celery seed, and butter. Fill the holes and bake. **Mrs. F. E. Zeigler**

SAUSAGE

7 lbs lean meat	5 lbs backbone fat
7 tablespoonsful of sage	1 tablespoonsful salt
3 tablespoonsful of pepper	

Mrs. R. C. Corey

BAKED LIVER

Cut beef liver in flat slices, place in flat shallow pan with a strip of bacon under each piece (or a bit of butter). Pour on boiling water and let stand a minute, then drain and sprinkle each piece with flour and salt and pepper. Place in the oven and bake from twenty minutes to one half hour. (Tender, well done and delicious). **Mrs. Bertha C. Clark**

BAKED HAM

Take a slice of ham; place in a flat baking pan and cover with sweet milk; season with pepper. Bake from twenty minutes to one half hour until thoroughly cooked.

Mrs. Bertha C. Clark

BROILED LAMB CHOPS

Lamb chops are not to be excelled if broiled over a hot fire to a deep brown, then seasoned with butter, pepper and salt and served on a platter garnished with parsley.

Mrs. G. W. Roberts, Montgomery

CREOLE SPHAGETTI

1 lb of round steak ground with two onions
1|2 can of tomatoes
1 small box of sphagetti (cooked)
1|2 cup of cheese (grated)
A generous lump of butter.
Season with salt and pepper and Worcester sauce. Bake three quarters of an hour. **Mrs. Pope Foster**

CHICKEN PIE

1 chicken, preferably a nice fat hen — 4 eggs
1|2 cup of butter, less if hen is very fat — 2 tablespoons flour

Dress chicken the afternoon before and salt it well. The next morning wash it thoroughly and boil until perfectly tender. Cut chicken from bone. Make a smooth paste from flour in a little water and add to the water in which the chicken was boiled, adding the butter, milk and boiled eggs, having them peeled and sliced in small pieces, thus making a smooth, delicious gravy. Now add the chicken and pepper and salt to taste. Make a rich biscuit dough and line a deep pan with the dough rolled about one fourth of an inch thick, put in the chicken, make top crust, and prick with fork. Bake until done **Mrs. J. W. Terry**

COMPLIMENTS
OF
Mr. EDWARD OKLE

BAKED MEAT LOAF

Meat of one 10 cent soup bone and two onions and three or four cold biscuits ground in meat grinder. Add egg, salt and pepper; make into nice meat cake. Place in greased pan, place sliced bacon on top and bake. If a little stiff add one tablespoonful of boiling water. **Mrs. Eugene H. Smith**

CHICKEN PIE

Take a chicken, young or old, and boil until thoroughly tender; then make a rich pastry, roll thin, put a bottom crust then a layer of chicken, and next a layer of dumplings rolled from the pastry, then another layer of chicken. Season with salt, pepper and a large piece of butter, a half cup of cream (if desired), then fill in the juice in which the chicken has been boiled—as much as the pan will hold. Finish top with this same rich pastry and bake until a deep brown. **Mrs. W. H. Bibb**

CHICKEN A LA KING

1 boiled hen cut in cubes with skin removed	2 green peppers
2 pimentos	Yolk of three eggs
1|2 can of mushrooms	3 cups milk

Melt a little butter in sauce pan; add chicken, mushrooms cut in halves, green peppers, and pimentos cut in very small pieces. When hot, add milk and let the whole thing come to a boil. Season to taste with salt and cayenne pepper, add yolk of eggs well beaten, and last of all thicken with one tablespoonful of corn starch mixed with a little water. This will serve eight or ten people. **Mrs. Spright Dowell, Auburn**

COMPLIMENTS
OF
Miss Leo Zeigler

STUFFED TURKEY

2 1|2 cups cracker crumbs
1|2 cup butter
1|3 cup boiling water
1 beaten egg
Salt, pepper, and poultry season to taste

Melt the butter in the boiling water and pour over the cracker crumbs to which seasoning has been added. Add the beaten egg. Put the stuffing into the turkey by spoonsful, first in the neck end. Use enough to sufficiently fill the skin so that the bird will look plump. If cracker crumbs are used for stuffing allowance must be made for swelling. otherwise the skin may burst.

If the body is full sew the skin. Place the bird on its back in a dripping pan on the rack. Rub the entire surface with salt and spread the bread and legs with 3|8 cups of butter, beaten until creamy with four tablespoons of flour. Place in a hot oven and when flour is brown reduce the heat. Then baste every ten minutes until done. For basting use 1|2 cup butter in 1 1|2 cup of boiling water. After this is gone, use fat from pan, and if necessary, add more boiling water. During cooking turn turkey frequently. Keep covered in the dripping pan. **Elizabeth Sightler, Montgomery**

COMPLIMENTS
OF
Montgomery Barber Supply Co.
7 Commerce Street
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W. T. Wallace, Prop.

CREAMED CHICKEN

Boil one hen until tender and meat leaves the bone cut in cubes and put in boiler; add one can of pimentos and one green pepper (chopped), one can mushroom (cook), one cup chopped celery and one onion in chicken stock (about one cup of stock) until tender and add to meat. Add salt and pepper to taste. Let this boil together a few minutes and add one cup cream, one tablespoonful of butter and boil. Then add two hardboiled eggs (chopped) to mixture.

Mrs. Frank Randolph

BRUNSWICK STEW

Cut frying sized chicken or grown chicken as for frying. Set to boil in cold water that covers chicken well. When chicken is tender put in about two cups of chopped Irish potatoes and about the same amount of corn. When these have cooked thoroughly add about two cups of tomatoes with juice. More water has to be added according to consistency desired. Salt to taste when chicken is first set to boil. A slice of lemon may be added. **Mrs. Price Chapman**

CHOP SUEY (Home Style)

1 1|2 lbs of veal (lean), 1 1|2 lb of fresh pork (lean) cut into inch pieces. Put into kettle and just cover with cold water. Add five large onions cut fine and two tablespoonsful of molasses and pepper and salt to taste. Boil 1 1|2 hours then add two cups of celery cut fine, boil half hour more, just long enough to tender the celery. Thicken with flour to make brown gravy. Served with rice, it makes a good winter meal.

Mrs. E. A. Loehne, Coosada

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LEFTOVERS

LEFT OVER WHITES OF EGGS

Beat whites of eggs until stiff with a little sugar and salt, and drop by spoonfuls into hot water or milk. Cook slightly, take up with a skimmer, drain, and place on pieces of stale bread covered with fruits or jelly. Dot top of eggs with small pieces of jelly. **Mrs. Herbert Chapman**

APPLE WHIP

Take the whites of eggs left over and beat until stiff with sugar and a little salt. Take left over baked apples or apple sauce and put through a sieve, add the beaten whites, and pile lightly in a glass dish. Decorate with small 'bits of jelly and keep cold until served. **Mrs. R. H. Hudson**

BREAD STICKS

Remove the crusts from stale bread. Cut bread in strips about five inches long and one half inch wide. Roll in melted butter (and if desired, sprinkle with cheese) and brown nicely in oven. Or, instead of butter, drop the bread sticks in hot fat. Serve with cheese instead of crackers.

Mrs. Calvin Cobb

LFFT OVER CHEESE

All the little dried pieces of cheese should be grated and placed in a covered glass jar. They are excellent for made over dishes, and particularly good to use with starch foods, such as potatoes, macaroni, rice, etc.

Mrs. W. D. Whestone

MOIST CHEESE

To keep cheese moist and to prevent it from drying out, simply wring out a cloth in vinegar and wrap around the cheese. **Mrs. Julia Graff**

FRUIT SPONGE

Soak one half envelope Knox Sparkling Gelatine in one-half cup cold water ten minutes, and dissolve in one cup hot fruit juice, (using any left-over canned fruit juices). Add one-half cup sugar, one tablespoonful lemon juice and some of the canned fruit if desired. When mixture begins to set, add white of one egg beaten until light. Beat all well together. Turn into a mold first dipped in cold water and chill. **Mrs. Robert Argo**

Whipped Jell-O

OF all forms of whipped Jell-O the Bavarian creams are most popular, and they may well be, for in no other way can these favorite dishes be made so easily and cheaply. Jell-O is whipped with an egg-beater just as cream is, and does not require the addition of cream, eggs, sugar or any of the expensive ingredients used in making old-style Bavarian creams.

PINEAPPLE BAVARIAN CREAM

Dissolve a package of Lemon Jell-O in half a pint of boiling water and add half a pint of juice from a can of pineapple. When cold and still liquid whip to consistency of whipped cream. Add a cup of the shredded pineapple. Pour into mould and set in a cool place to harden. Turn from mould and garnish with sliced pineapple, cherries or grapes.

The Genesee Pure Food Company
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"America's Most Famous Dessert"

EGGS

Eggs have a peculiar food value and are rich in protein. Their relative freedom from waste, the ease with which they may be prepared and their use as meat substitutes make them very desirable even when a consideration of their price alone would not so indicate. This is only true, however, when eggs are served as one of the principal dishes of a meal but not always true when eggs are used in cakes, puddings, and other desserts along with the meats. It is in the latter use of eggs that the housewife needs to economize or curtail consumption. A fact that makes this latter practice easier is that with the present availability of baking powder, gelatine and corn starch, the use of eggs to impart lightness or to thicken liquids is not now so essential as in the past.

EGG OMELET

2 eggs
2 tablespoonsful liquid
1|4 teaspoonful salt
1|4 tablespoonful pepper

Method: Beat the whites and yolks separately; add salt, pepper, and liquid to the yolks and fold into this mixture the well beaten whites. Put two tablespoonsful butter in an omelet pan and turn the omelet into it. Cook slowly. When the omelet is set, place it in a hot oven for a few minutes to dry the top. Fold and serve immediately. Garnish the dish with slices of tomatoes. **Miss Leo Zeigler**

SCRAMBLED EGGS WITH MINCED HAM AND CHICKEN

4 eggs, slightly beaten
1|8 teaspoonful pepper
1 tablespoonful finely minced ham
1 tablespoonful minced chicken
1|2 teaspoonful salt
4 tablespoonsful milk
2 tablespoonsful butter

Beat eggs slightly, add seasonful and milk, add chicken and ham well mixed; melt butter in omelet pan; pour in mixture and cook until a creamy consistency, stirring constantly and scraping mixture from bottom and sides of pan. Roll to one side of pan and serve. **Mrs. Roscoe Kershaw**

BREAKFAST OMELET

Break four eggs separately. Beat the yolks light and add a pinch of salt and one half cup of sweet milk. Then add the stiffly beaten whites and pour into a moderately hot saucepan in which one tablespoonful of butter has been melted. Put saucepan into oven for a moment; as soon as it is set, fold omelet, slip on a hot dish, and send to table. A spoonful of tomatoes stewed thick, with seasoning of salt, pepper and butter, can be added to the omelet before it is folded. **May Harris**

SCALLOPED EGGS

Boil six eggs hard, peel, cut lengthwise, and stuff with the yolks mashed fine with butter, salt, pepper, paprika, celery seed, and vinegar or lemon juice to taste. Put a layer of cracker crumbs in a casserole add a layer of eggs, dotting with bits of butter. Cover the top with cracker crumbs pour over one pint of sweet cream or sweet milk and bake a few minutes in a quick oven. **May Harris**

SCALLOPED EGGS WITH CHEESE

6 hardboiled eggs
2 cups buttered soft bread crumbs
2 cups thin white sauce
3|4 cup grated cheese

Method: Mix the white sauce and cheese. Cut the eggs in slices. Butter a baking dish and place the materials in the dish in layers, having the lower and top layers of bread crumbs. Bake in a moderate oven until the mixture is heated through and the crumbs are slightly browned. Serve hot in place of meat. **Dora Mae Powers**

GOLDENROD EGGS

4 hard cooked eggs
2 tablespoonsul flour
1|8 teaspoonful pepper
3|4 teaspoonful salt
1 1|2 tablespoonsful butter
1 1|2 cups milk
6 pieces toast
Parsley

Method: Separate the yolk and white of the cooked eggs and chop the whites. Make a white sauce of flour, seasoning butter and milk. Add the chopped egg whites to the sauce and pour it over the toast. Press the yolks through a strainer and sprinkle them over the top of the toast. Garnish with parsley and serve at once. **Mary Wise Zeigler**

CHEESE

CHEESE SOUFFLE

1 teaspoonful butter
4 eggs
Pepper
2|3 cup cheese
2 teaspoonsful flour
1 cup milk
1 teaspoonful salt

Method: Make cream sauce then put in the cheese. When cooled slightly put in yolks of eggs well beaten. Lastly the well beaten whites folded in. Bake in baking dish.

Mrs. Tom Zeigler

CHEESE SOUFFLE

Make a cream sauce of 1 cup of milk, 2 teaspoonsful of flour, 1 heaping teaspoonful of butter and salt and pepper to taste. Then mix about 1 cup of grated cheese, a good pinch of soda and the yolks of 4 eggs to the above. Lastly add the beaten whites of eggs and keep in oven for about 15 minutes. Serve hot.

Mrs. Pope Foster

CHEESE BALLS

1 cup cheese
1 1|2 tablespoonsful Worcester sauce
1 cup bread crumbs
2 eggs

Mix together the crumbs and grated cheese; beat the eggs well and add to the mixture; add salt, pepper and sauce; make into cakes and fry in deep fat. Serve hot.

Dora Mae Powers

RICTUM DITTI

1|2 can tomato soup
1|2 pound cheese
A little salt.
1 teaspoonful Worcester sauce
1 tablespoonful chili sauce

Put soup and cheese on and let cheese dissolve; season and break three or four eggs in and let thicken; then serve hot on toast.

Mrs. Sarah Graham Sims

WELSH RABBIT

1 cup cheese
1|2 cup milk
1 tablespoonful butter
1|2 teaspoonful salt
1|2 teaspoonful mustard
2 eggs

Method: Put milk, cheese, (cut in small pieces or grated) seasoning and butter on fire and cook until the mixture is smooth and thick, stirring constantly. Just before taking up add beaten eggs and cook a little longer. Serve on toasted crackers.

Mrs. Tom Zeigler

CHEESE STRAWS

1 cup grated cheese
1|2 cup flour
1|2 cup butter
Small pinch of cayenne pepper.
1 teaspoon salt
1|2 teaspoon mustard
3 teaspoons cold water

Mix well. Roll out as thin as pie crust. Cut in narrow strips. Bake in quick oven. **Mrs. F. E. Zeigler**

CHEESE PUDDING

1 cup grated cheese
1 cup milk
1|4 cup bread crumbs
1 egg
1|2 teaspoonful salt
Cayenne

Method: Beat the egg slightly and add the other ingredients. Turn into a buttered baking dish or ramekins. Place in a pan of hot water and bake in a moderate oven until the mixture is firm. Serve at once. **Mrs. Tom Zeigler**

CHEESE STRAWS

Sift together 1 cupful of flour and a quarter of teaspoonful of baking powder. Add 1|2 teaspoonful of salt and chop 2 tablespoonsful of butter into the flour. Mix in 1|4 saltspoonful of cayenne pepper and 1 cupful of grated cheese. Wet with cold water to a stiff paste and roll out very thin. Cut in narrow strips and bake on greased letter paper on bottom of inverted tin. A little cheese sifted over them before taking from oven is an improvement.

Mrs. Mamie W. Pinkston

CHEESE STRAWS

2|3 cup of flour
1|8 teaspoon cayenne pepper
4 teaspoons salt
1 cup fresh bread crumbs
1 cup grated cheese
2 tablespoons milk

Cream the butter and add the flour and dry ingredients. Then mix in the grated cheese and bread crumbs. Add the milk and roll out 1|4 inch thick. Cut 1|4 inch wide and 6 inches long. Bake until light brown in moderate oven.

Annie Glen Rives

COTTAGE CHEESE

Heat one quart of sour milk until lukewarm, add one quart of warm water and turn into a strainer lined with cheese cloth. Gather cheese cloth up around curd to form a bag and let curd hang until free from whey. Rub fine, moisten with melted butter, if desired, and sour or sweet cream. Shape and sprinkle with paprika. **Mrs. Will Hall**

VEGETABLES

RICE AND TOMATO SOUFFLE

1 cup rice	6 cups tomatoes
1 onion	1 cup grated cheese

Boil dice until tender, drain, meantime cook tomatoes until thick. In the baking dish put a layer of rice, layer of tomatoes, part of chopped onion, salt and pepper to taste; then layer of rice and tomatoes and onions and so on until dish is filled, then sprinkle cheese over top and bake in oven about 25 minutes. **Mrs. Frank Randolph**

EGG PLANT—FRIED

Peel and slice one large egg plant and boil until perfectly tender. Mash until perfectly smooth; add to this 2 tablespoons flour, 1|2 teaspoon baking powder (Royal), 1 egg, 1 teaspoon sugar, salt and pepper. Drop in hot grease and cook in patties. **MRS. W. M. Blakey**

CREOLE CORN

2 tablespoonsful butter	2 tablespoonsful flour
1 egg	1|4 tablespoon salt
1|2 cup tomatoes	1|4 teaspoon pepper
2|3 cup corn	

Method: Melt butter, mix in flour and let it be kept on fire all the time while putting in other ingredients. Put into the baking dish and on top put a little butter. Bake until brown. **Mrs. Tom Zeigler**

COMPLIMENTS
OF
Mr. W. H. MYERS

TOMATO SAUCE

Cook canned tomatoes for 30 minutes or until tender, stirring occasionally. Run through sieve pressing through all the pulp possible. For each cup of tomato pulp and juice use 1 1|2 teaspoonsful flour, 1 1|2 teaspoonsful butter, 1|4 teaspoonful salt, 1|8 teaspoonful pepper (red if desired).

Mix ingredients and cook sauce according to directions for white sauce. **Mrs. Tom Norris.**

DUTCH POTATOES

Boil and mash enough potatoes to make two cups and while hot, beat in one egg, form into small balls, dip in a mixture of beaten egg and half a cup of water. Put in a greased baking can and brown in a hot oven.

Mrs. Mary S. Vaughan

SWEET POTATO CROQUETTES

1 medium sized potato	1 teaspoonful sugar
1 egg	1|2 tablespoon flour
1 cup bread crumbs	Cinnamon and nutmeg

Method: Boil the potato until tender and drain all the water off. Put the egg, cinnamon, flour, nutmeg and sugar in and cream it. Then make out in balls and roll them in the crumbs. Now drop them in hot grease and fry a golden brown; take up on unglazed paper.

Mary Wise Zeigler.

SCALLOPED POTATOES

Wash and peel Irish potatoes. Slice rather thin and as you slice them arrange them in a baking dish in layers. One layer of potatoes, then flour, salt and pepper. Then another layer of potatoes and so on until all potatoes are used. Have the flour, salt and pepper with dots of butter on top. Put sweet milk in until it lacks about one fourth inch coming to the top of potatoes. Put inside stove and let bake until done. Serve in baking dish. This makes a very nourishing dish. **Mrs. T. J. Zeigler**

SPACE PAID FOR BY A FRIEND

TOMATO SAUCE—Made With Rice Water

1 cup tomato pulp or 3 fresh tomatoes
2 slices onion
2 teaspoons salt
1|4 teaspoon paprika
1|2 cup grated cheese
2 teaspoons butter
Water in which 1 cup rice, measured before cooking, was boiled.

Method: Evaporate the rice water to 1 pint. Add the tomatoes and onion and cook for 15 minutes. Remove the onion from the mixture. Add the remainder of the ingredients and stir until the cheese and butter are melted. Serve hot over cooked rice. **Mrs. Jessie Zeigler Nelson**

CLUB POTATOES

Boil your Irish potatoes; when done cream thoroughly adding pepper, salt and butter. Add to this finely cut onion, green pepper and sliced breakfast bacon that has been cut in small pieces. Put in baking dish with some melted butter over the top and run in oven to brown.

Mrs. W. J. Judkins

DELICIOUS STUFFED PEPPERS

Take 8 or 10 green peppers with seed removed, soaked well in salt water. Filling: 3 or 4 slices of breakfast bacon, fry, remove meat and chop fine, then in meat grease throw four chopped tomatoes and 1 large chopped onion, and 1 cup of beef. Cook few minutes and add Worcester sauce and a little salt, if needed. Put in peppers, cover with bread crumbs, put in baking dish, pour little boiling water around and bake for 1 1|2 hours.

Miss Virginia Reese Smith

BAKED CABBAGE AND CHEESE

Shred cabbage and boil in salted water about 15 minutes. Drain. Butter a baking dish and put in a layer of cabbage and grate a little cheese on top, then a layer of cabbage and again grated cheese and so on to the top having cheese on top. Bake until brown. Of course plenty of butter makes it better. (Really delicious.) **Mrs. Bertha C. Clark**

EGG PLANT BAKED

Peel and slice two egg plants, boil until tender, then season with salt, pepper, butter and two eggs and some bread crumbs mixed through and sprinkled over the top. Bake in casserole and serve hot. **Mrs. Pope Foster**

SPICED BEETS

6 small beets
1|4 cup butter
6 cloves
2 tablespoonsful sugar
1|2 teaspoonful salt
Equal parts vinegar and water

Method: Scrub, cut off tops one inch from beet and drop into boiled salted water. Allow these to cook until tender (1 hour or more). When done, remove, peel, cut into slices and pour the spiced liquid over them and boil 15 minutes.

Mrs. Tom Zeigler

POTATOES WITH PEANUT BUTTER

1 tablespoonful butter
1|2 teaspoonful salt
1 tablespoonful milk
2 tablespoonsful peanut butter

Method: Wash potatoes put on to bake; when soft, take out, scrape the potato out of the jacket. Put in the butter, salt, milk and peanut butter. Cream all well and put back in the jacket. Put back in stove and let brown on top. Serve in jackets.

Mrs. Tom Zeigler

CORN PUDDING

2 ears tender corn
1 tablespoonful butter
1 teaspoonful of sugar
1 ice tea glass of sweet milk
Yolk of one egg
1 pinch of salt

Fold in the beaten white of egg and add a pinch of baking powder.

Mrs. R. S. Outlaw

SWEET POTATOES WITH MARSHMALLOW

2 large sweet potatoes
1 small package marshmallows (Red Seal)
3 tabespoonsful butter
1 cup sugar
Nutmeg

Method: Boil the potatoes and peel. Run them through potato ricer and beat the marshmallows in while the potatoes are still hot, and then add the other ingredients. Raisins may be added. Put in a buttered baking dish and bake until a light brown. Drop a few marshmallows on top before taking out of oven.

Mrs. T. W. Zeigler

STUFFED TOMATOES

6 tomatoes
2 tablespoonsful butter
1|2 cup bread crumbs
1 cup cold cooked meat
1 egg
Salt and pepper to taste

Cut a thin slice from stem end of tomatoes. Mix finely chopped meat, salt and pepper, take out seed and pulp. Add slightly beaten egg. (Mix). Fill tomatoes, sprinkle top with bread crumbs, and bake in a hot oven until tender.

Mrs. George L. Williams

FROZEN DESSERTS

GRAPE JUICE SHERBERT

1|2 cup cold water
1 cup sugar
4 tablespoonsful lemon juice
1|2 cup Knox gelatine.
1 1|2 cup boiling water
1 pint grape juice
1|3 cup orange juice

Soak gelatine in cold water five minutes. Make a syrup by boiling sugar and hot water ten minutes and add soaked gelatine. Cool slightly and add fruit juices, then freeze. Serve in sherbert glasses and garnish with candied violets or fruit if desired.

Mrs. Herbert Chapman

PINEAPPLE ICE

1 pint grated pineapple
1 cup boiling water
4 lemons
2 cups sugar
3 cups cold water

Mrs. Tom Zeigler

PINEAPPLE SHERBERT

1 dozen lemons
1 can grated pineapple
4 pints water
2 cups sugar
3 pints cream

Method: Strain lemon juice and pineapple and add water and sugar. Freeze partially and add cream. Then finish freezing.

Mrs. A. H. Frasier

FRUIT PUNCH

1|2 dozen oranges
2 small cans pineapple
2 small bottles cherries
1 dozen lemons
3 lbs sugar
1 bottle grape juice

Method: Squeeze lemons, add sugar, then cherries, pineapple and grape juice. Stir well and add four quarts water. Let stand several hours. This serves about twenty.

SPACE PAID FOR BY A FRIEND

FRUIT SHERBERT

1|2 envelope Knox sparkling gelatine (scant measure)
1 1|2 cups sugar 3 cups rich milk
1 orange 1 lemon

Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for five minutes and dissolve by standing in pan of hot water. Stir into the rest of the milk. When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired. This makes a large allowance for five persons.

CARAMEL ICE CREAM

1 teaspoonful Knox Sparkling gelatine 1 1|3 cups sugar
1 quart milk 1|8 teaspoonful salt
1 pint cream 1 tablespoonful vanilla

Soak gelatine in a little cold milk ten minutes. Caramelize one cup sugar by putting in a granite saucepan and place over a hot fire, stirring constantly until melted and the color of maple syrup. Add one cup of hot water and simmer on back of stove until of the consistency of a thick syrup. Add 1|3 cup of sugar to the balance of the milk and scald. Add dissolved gelatine, salt and the caramel. When cold add flavoring and cream; strain and freeze. If preferred the cream may be whipped and added when the cream is partly frozen.

Mrs. Price Chapman

ORANGE ICE

1 teaspoonful Knox Sparkling gelatine 2 cups orange juice
1 tablespoonful cold water 1|4 cup lemon juice
4 cups hot water Grated rind of two oranges
2 cups sugar

Soak gelatine in cold water five minutes; make a syrup by boiling hot water and sugar twenty minutes. Add soaked gelatine, fruit juices and grated rind. Cool, strain and freeze. Other fruit juices may be used in place of orange juice.

Mrs. Albert Wiglesworth

Contributed by
DR. TAYLOR'S PRIVATE HOSPITAL
Prattville, Alabama

BEVERAGES

CHOCOLATE MILK SYRUP

1 1|3 cups sugar
1|2 teaspoon salt
1 tablespoonful vanilla
1 cup cocoa
2 cups water

Mix well and bring to boil and boil well for five minutes. and add vanilla. Put one or two tablespoonsful of syrup to glass and add milk and crushed ice.

Miss Virginia Reese Smith

COCOA

3 cups scalded milk
1|2 cup boiling water
Vanilla
2 tablespoosful cocoa
2 tablespoonsful sugar

Method: Mix cocoa and sugar together. Stir in the boiling water and cook over flame until it thickens. Add the scalded milk. Return to double boiler and cook for few minutes. Beat thoroughly before serving. This is delicious with two Red Seal marshmallows dropped on top of each cup just before served. **Mary Wise Zeigler**

DELICIOUS FRUIT PUNCH

2 dozen lemons
2 cans apricots
Sugar
1 medium size bottle red cherries
2 cans grated pineapple

Method: Run the apricots through a sieve. Make a lemonade, add the pineapple, apricots and cherries. Sweeten to taste. This makes a delicious punch. **Rilla Wise**

Miss Sternfeld

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Montgomery, Ala.

SANDWICHES

BACON AND EGG SANDWICH

6 slices bacon, 3 hardboiled eggs. Fry bacon crisp and mince; grate eggs. Add celery seed if desired. Mix with mayonnaise and spread. **Mrs. Fleming Zeigler**

MINCE MEAT SANDWICH

Two cups finely chopped left over meats, 1 1|2 teaspoons salt, 1|2 cup salad dressing, dash cayenne pepper and celery salt. Season to taste. **Mrs. Geo. L. Williams**

CHEESE AND NUT SANDWICH

1 cup grated cheese 1|2 cup nuts (chopped)
Mayonnaise dressing to moisten

Spread between thin slices of buttered bread.

Dora Mae Powers

PINEAPPLE SANDWICH—Baston

Cut two slices of pineapple in thin pieces. Cook with four tablespoons of pineapple syrup, and two tablespoons sugar until syrup is absorbed. Cool; lay on thin slices of buttered bread. Spread corresponding slices of bread with 1|4 cup dates, chopped fine, 1|4 cup thinly cut meats. Salt, and moisten with pineapple syrup. Put juices together.

Eva Grace Frasier

OTHER FILLING FOR SANDWICHES

1. Raisins, preserved figs and nuts chopped fine, or put through food chopper.
2. Swiss cheese and nuts used with rye bread.
3. Dates, crystallized ginger, chopped fine.
4. Green olives cut from the pit and put between buttered bread on which mayonnaise has been spread.

Mrs. F. E. Zeigler

NEAR CLUB SANDWICH

Spread bread with mayonnaise, then sliced tomatoes, one slice pork or turkey, 1 layer pickle. **Mrs. George Swift**

PIMENTO AND CHEESE SANDWICH

1 can pimento	Mayonnaise dressing
2 hard cooked eggs	Bread
1 cup grated cheese	Lettuce

Drain pimentos and chop them with whites of eggs, add cheese and yolk of eggs, rubbed through a sieve. Moisten with mayonnaise. Spread slices of buttered bread with pimento paste, spread second slices with Mayonnaise, lay on lettuce leaves and put slices together. The lettuce may be omitted. **Mrs. Crawford Harris, Montgomery**

GINGER SANDWICH

Cystallized or preserved vinegar, (use some of the syrup with the latter, and add some fruit juice to the former; if this is used, to make it spread easily) minced fine and spread on thin slices of buttered bread. Cut any desired shape.

Judith W. Hall

DELICIOUS SANDWICH

One cup of walnut meats (black walnuts). 2 cups of raisins (seeded), 1 banana. (peeled). Put all through food chopper. Spread thin slices of bread with butter or mayonnaise, then the mixture. **Mrs. W. M. Blakey**

PEANUT SANDWICHES

Shell and skin freshly roasted peanuts and roll them to fine crumbs with a rolling pin on a bread board. Salt to taste and mix with enough fresh cream cheese to make a paste that can easily be spread. Use thin slices of unbuttered bread and keep the sandwiches in a cool place until wanted. **Mrs. W. M. Blakey**

EGG SANDWICH

Mince hardboiled eggs very fine and mix with minced olives and cheese. Moisten with butter or mayonnaise. Season to taste and spread between bread. Potted ham adds to this. **Mrs. C. M. Jackson**

CHEESE TOAST SANDWICH

3|4 cup grated cheese	1 tablespoonful cream
1|2 level teaspoonful dry mustard	Pinch of cayenne pepper
Rounds of bread	1|3 cup of butter

Mrs. Pope Foster

PEANUT AND OLIVE SANDWICH

1|2 box peanut butter, 1 dozen olives minced. Season with lemon juice. **Mrs. C. P. Morrison**

INVALID COOKING

ALBUMENIZED MILK

1 egg white	1|4 cup lime water
1 cup milk	

Method: Mix all ingredients, place in a shaker or covered jar and shake well. Strain and serve at once, plain or sweetened as preferred. **Mrs. John Myers**

LEMON ALBUMEN

White of one egg	2|3 cup water
2 tablespoonsful sugar	1 1|2 tablespoonful lemon juice

Method: Add the slightly beaten white of egg to the lemon juice and sugar. Mix together and then add the water. Serve ice cold. It tastes just like lemonade and is much more nourishing. **Mrs. Henry Cobb, Jr.**

WINE JELLY

3|4 teasponful Knox Sparkling Gelatine	1 clove
1|2 tablespoon cold water	1 inch piece stick cinnamon
1|3 cup wine	1 teaspoonful lemon juice
1|2 tablespoonful sugar	

Soak gelatine in cold water three minutes. Cook clove, cinnamon and wine ten minutes in top of double boiler, add soaked gelatine, and as soon as gelatine has dissolved, add lemon juice and sugar. Strain through double cheese cloth, mold and chill. Remove to serving plate, and garnish with whipped cream, sweetened and flavored with vanilla.

Mrs. Price Chapman

Massey Business College
Leading Business College of the South
Montgomery, Ala.

MILK TOAST

Toast bread nice and brown. Make a sauce of one tablespoonful butter, or butter substitute, one tablespoonful flour, one cup of milk, salt and pepper. Cook until of creamy consistency and pour over hot toast.

Mrs. Tom Norris

SOFT CUSTARD

2 cups scalded milk
2 eggs
4 tablespoonsful sugar
salt
Vanilla

Method: Beat the eggs slightly, beating in the sugar and sale. Add the hot mik slowly, stirring the mixture all the while. Cook in a double boiler stirring it constantly for about ten minutes. Strain it and add the vanilla. Serve it cold.

Mrs. S. B. Cobb, Sr.

LEMON JELLY

1 envelope Knox gelatine
3|4 cup sugar
1|2 pint cold water
1 pt boiling water
1 teaspoonful lemon extract

Method: Soak gelatine and half of the lemon flavoring found in separate envelope in cold water five minutes. Add boiling water and sugar and stir until dissolved. Add extract and strain into mold first dipped in cold water and chilled. Serve with plain or whipped cream.

Mrs. Calvin Cobb

FOR THE INVALID

Knox Sparkling Gelatine is a plain, straight product, and the flavoring and coloring are packed in separate envelopes in each package and not mixed with the gelatine. To insure the making of attractive, healthful and appetizing gelatine dishes for the sick and convalescent, one should use Plain, Granulated Gelatine and add pure flavors, sweetening, seasonable fruits, etc. Gelatine dishes are taking an important part in dietetics, and physicians are ordering them largely in the diet of their patients. The careful practitioner recommends, only a wholesome, plain gelatine which is found in Knox Sparkling Gelatine.

GRAPE FRUIT JELLY

(Individual)

Dissolve three fourths teaspoon Knox gelatine in 1|2 teaspoon cold water five minutes. Then add one tablespoon boiling water and one tablespoon sugar. Place this over hot water and let it stand until gelatine dissolves. Then add nearly half a cup of grape fruit juice. Strain through a double cheese cloth into a mold and chill.

Mrs. Fleming E. Zeigler

GRAPE JUICE SPONGE

(Individual)

Dissolve one half teaspoon Knox plain gelatine in 1|4 cup grape juice and place over hot water until gelatine is dissolved. Strain, and when mixture begins to thicken, add white of an egg beaten until stiff. and two tablespoonsful cream beaten until stiff. Put in a mold and chill. This may be served with whipped cream, if desired.

MRS. D. D. Frazer

MILK SHAKE

Make a syrup of a cup of sugar and 3|4 cup of water. Boil for 15 minutes. After it begins to bubble let it get cold. Sweeten one half pint of milk with the syrup. In sweetening the shake, remember the ice will dilute it so don't stint the quantity of sugar. Turn into a tall glass filled to the brim with powdered ice and shake hard and fast before pouring into chilled tumbler. **Mrs. S. J. McMorris, Wetumpka**

CELERY SOUP

Cut celery into small pieces. Put over fire in double boiler with hot water in the outside one and cook until tender. Drain and run through a colander. Add it to a pint of good chicken or beef soup (canned soup will do). Season with salt, pepper and pinch of mace. Bring it to a quick boil. stir in tablespoon of butter rolled in teaspoon flour and cook for,two minutes. **Mrs. Eula G. Moore, Wetumpka**

SALADS

CELERY PIMENTO SALAD

Take one pint of crisp celery, cut into one-eighth-inch lengths. Cut two pimentos into short, thin strips, blend celery and pimentos. Add salt and mask with sour cream dressing. Serve on lettuce leaf. Garnish with shredded nuts.

Mrs. J. Price Chapman

WALDORF SALAD

1|2 cup nuts
3 or 4 medium sized apples
Small bunch of celery
1 cup mayonnaise

Wash celery and separate it. Wash each piece separately and then cut into very small pieces. Make the mayonnaise. Cut apples and celery into small pieces then put in the nuts and lightly roll or stir. Add a little salt. Last put in mayonnaise. Garnish with either apple peels or tops of the celery. When apples are peeled put them in water to which has been added a little salt. Let remain in the water until you have finished peeling them and are ready to cut them up. This will prevent the apples from turning dark.

Elizabeth Sightler

FRUIT SALAD SUPREME

Soak one envelope Knox Sparkling Gelatine in one half cup cold water and add two cups boiling water, one half cup mild vinegar and one half cup sugar. Strain, and when mixture begins to stiffen, add three cups fresh fruit, using cherries, oranges, bananas, or cooked pineapple alone or in combination. Turn into mold, firt dipped in cold water, and chill. Remove from mold to nest of crisp lettuce leaves, and accompany with mayonnaise or boiled salad dressing.

Mrs. Julia Graff

GOOD DRESSING FOR FRUIT

4 eggs well beaten
1 teaspoon salt
4 tablespoonsful vinegar
1|2 teaspoon dry mustard
1 tablespoon sugar
1 teaspoon butter
Dash of red pepper

Cook until thick; when cool add 1 cup whipped cream, 1 cup chopped pecans, ten marshmallows (Red Seal).

Mrs. Albert Gresham

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We Never Let the Sun Set on a Can of Cream Unpaid for

FRUIT SALAD

1 can sliced pineapple
A few white cherries
1 can peas

Method: Mix and serve with mayonnaise.

Mrs. Judge Zeigler

FROZEN SALAD

2 cups whipped cream (stiff)
1 package gelatine (softened in water)
1 green pepper, chopped
1 medium size bottle olives split
15 oz. little red cherries
4 slices of pineapple, or more, cubed
Few grains red pepper
1|2 pound grated chees
2 pimentos
1 cup chopped celery
teaspoon tobasco sauce
1 cup blanched almonds
Salt to taste

Freeze and serve on lettuce

Mrs. Frank Randolph

TUNA FISH SALAD

1 large can or 2 small cans tuna fish
3 apples, diced
3 cucumber pickels, diced
1 cup celery
3 hard cooked eggs

Mix with mayonnaise and serve on lettuce leaf.

Mrs. Tom Zeigler

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TOMATO JELLY

1 can of tomatoes
1 medium size onion
1 cup of water to rinse can
1 1|2 tablespoons gelatine
1|2 amount of acid gelatine receipt calls for

Season with a few cloves, all spice and cayenne pepper, and salt. Chop tomatoes and onions and put in boiler and cook slow for about half hour and then strain. If put in moulds wet moulds first. If put in pans turn out and cut in squares. **Mrs. J. H. Bagwell**

TOMATO JELLY SALAD

1 pint of canned tomato that has been run through a sieve
1 tablespoon vinegar
1|2 teaspoon spice
1 tablespoon gelatine
A little celery salt
1 slice onion
1|2 teaspoon salt

Method: Combine the tomato, onion and spice and boil gently for ten minutes. Then add the gelatine that has been allowed to stand five minutes in the vinegar. Stir until well dissolved, add seasoning and strain into molds which have been dipped in cold water and set away to harden. Serve on lettuce leaf and cover with mayonnaise.

Mrs. T. W. Zeigler

GOOD MAYONNAISE FOR LETTUCE OR CABBAGE SLAW

1|2 cup vinegar
1 teaspoonful mustard
1 egg (beaten together)
2 teasspoonsful sugar

Method: Put vinegar on stove and let come to a boil. Then pour it slowly in the egg. Put back on stove and let boil until thick. Salt to taste. **Mrs. Henry Cobb, Sr.**

FROZEN PEARS IN CAN

Take one can of Del Monte pears (or any canned fruit or fruit salad) and remove wrapper. Place can of fruit in a bucket in which equal parts of ice and ice cream salt have been placed and pack well. Let this stand for two hours or more and serve with mayonnaise or whipped cream.

Mrs. F. E. Zeigler

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1923

"LADY'S" SALAD

Heart of lettuce, celery, apples, chopped walnuts.

Make a basket of the heart of lettuce, cut apples and celery and mix with walnuts, and the dressing given below. Fill baskets and add three sections of orange, a Maraschino cherry, and 2 small sprigs of mint. The dressing is most important. To equal parts of mayonnaise and sour cream dressing add whipped in a little currant jelly. Mix with the fruit and nuts which fill basket.

Mrs. Frank Randolph

PINEAPPLE AND MARSHMALLOW SALAD

1|3 can sliced pineapple
1|2 lb. blanched almonds
1|2 lb Red Seal Marshmallows

Method: Place pineapple between folded cloth to absorb juice before cutting into dice shaped pieces. Cut marshmallows into dice with scissors. Cut the blanched almonds into small pieces. Mix with mayonnaise to which cream has been added and serve on lettuce leaf.

Mrs. Thos. W. Zeigler

MAYONNAISE DRESSING

1 egg yolk
1|2 pint olive oil
4 tablespoonsful lemon juice or vinegar
1|2 teaspoonful salt
1|4 teaspoon of white pepper

Mrs. T. W. Cox

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Knox Gelatine solves the problem What to have for Dessert

RAISIN SALAD

1 cup Sunmaid raisins
1 sliced banana
1 shredded orange
1 cup dried apples
1|2 cup celery

Mix lightly with mayonnaise and serve on lettuce leaves with chopped nuts.

Miss Virginia Reese Smith

FRUIT SALAD

1 box marshmallows (Red Seal)
1 cup seeded raisins
1 cup dates
1 cup white grapes
6 apples
1 bunch celery
1 cup of nut meat

Mix with mayonnaise dressing

Just before serving fold in one pint whipped cream.

Mrs. Delia Graff

FROZEN SALAD

1 large can pears
1 large can pineapple
2 cups mayonnaise made rather salty
1 large can white cherries
1 large can apricots

Cut up fruit and drain off all juice. Mix in mayonnaise and pack in freezer. Let stand about one hour and cut

Mrs. W. R. Nickel

MAYONNAISE (Cooked)

2 tablespoons flour. enough oil to make paste. Pour 1 cupful boiling water into the paste and cook till thick (about 1 minute). Cool. Add 2 egg yolks, 2 lemons, 1 cup Wesson oil; season to taste. Note: This mayonnaise can be made in any quantity and there is no such thing as failure.

Mrs. F. E. Zeigler

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RUSSIAN DRESSING

1|2 cup mayonnaise dressing
1 tablespoonful pimentos, cut in small pieces
1 tablespoonful green peppers, cut in small pieces
1 tablespoonful celery, cut in small pieces

Mix thoroughly. This is delightful on lettuce.

Mrs. Thos. W. Zeigler

GRAPEFRUIT SALAD

3 grapefruit
1 banana
1|3 cup celery
6 Maraschino cherries
Mayonnaise
Lettuce

Wash and half the grapefruit. Remove the pulp and mix with diced banana and celery. Set each half in a lettuce leaf and fill with pulp, banana, celery and mayonnaise. Add nuts if desired and dot with cherries.

Mrs. Mel Morrison, Selma

CREAM SLAW

1 gallon cabbage, cut very fine
1 pint vinegar
1 pint sour cream
Butter size of walnut
1|2 cup sugar
1 tablepoonful flour
2 eggs

Put sugar, vinegar and butter in a sauce pan and let come to a boil. Stir syrup, sugar and flour, previously well mixed, into vinegar. Boil thoroughly and put over cabbage, previously sprinkled with one tablespoon of salt, one of black pepper, one of Colburn's mustard.

Mrs. V. Hogan, Selma

HELBURN CANDY COMPANY

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Red Seal Marshmellows

PEANUT SALAD

Chop 1 quart apples
Grind 1 pint peanuts
Chop 1 small bunch celery or 1 tablespoon celery seed
1|2 cup sugar

Mix well and serve with mayonnaise.

Mrs. Frank White

CHEESE AND EGG SALAD

Crisp lettuce on plates; slices of eggs on lettuce. Sprinkle grated cheese over all, mayonnaise on top. Dash of red pepper if desired. **Mrs. Roscoe Kershaw**

PERFECTION SALAD

1 envelope Knox Sparkling Gelatine
1|2 cup cold water
1|2 mild cup of vinegar
2 tablespoonsful lemon juice
2 cups boiling water
1|2 cup sugar
1 teaspoonful salt
1 cup cabbage, finely shredded
2 cups celery, in small pieces
2 pimentoes, in small pieces

Soak gelatine in cold water five minutes. Add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when mixture begins to stiffen, add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases made of red or green peppers, or turn into molds lined with canned pimentos. A delicious accompaniment to cold sliced chicken or veal.

LUNCHEON SALAD

1 envelope Knox Sparkling Gelatine
1 cup cold water
1 1|2 cups boiling water
1|2 cup lemon juice
1|2 cup sugar
3 tart apples
1 cup celery, cut in small pieces
1|2 cup pecan nut meats

Soak gelatine in cold water five minutes and dissolve in boiling water. Add lemon juice and sugar. When mixture begins to stiffen, add apples, sliced in small pieces, chopped celery and broken nut meats. Turn into mold, first dipped in cold water, and chill. Accompany with mayonnaise dressing. This mixture may be served in cases made from bright red apples.

SHAMROCK SALAD

Lettuce leaf, slice of tomato, one-half pepper filled with cheese and mayonanise, four halves of pecans on top. Garnish with olives. **Mrs. Thos. W. Zeigler**

POINSETTA SALAD

Scald, peel and chill the tomatoes. Cut in five sections almost down to the base, press open the sections until the tomato looks like a flower. Lay on lettuce leaves and fill the centers with equal parts of diced pineapple and chopped walnuts moistened with mayonnaise. This is very pretty.

Mrs. Tom Zeigler

CONGEALED FRUIT SALAD

1 envelope Knox Gelatine
1|2 cup cold water
2 cups boiling water
1|2 cup mild vinegar
1|2 cup sugar
1 teaspoonful salt
3 cups fresh fruit cut in small pieces

Method: Soak gelatine in cold water five minutes and add obiling water, vinegar, one half teaspoonful lemon flavoring, found in separate envelope, sugar and salt. When mixture begins to stiffen add fruit using white cherries, cooked pineapples, oranges or grapefruit alone or in combination. Turn into mold, first dipped in cold water and chill. Serve on lettuce leaf with mayonnaise.

Mary Wise Zeigler

POINSETTA SALAD

Lettuce leaf, sliced pineapple, strips of pimento in middle, olive in center with grated cheese around this. Garnish with olives.

Mrs. Thos. W. Zeigler

FRENCH DRESSING

1|2 teaspoon salt
1|4 teaspoon pepper (white or red)
2 tablespoons vinegar or lemon juice
4 tablespoons oil
A little Worcestershire sauce

Mrs. Thos. W. Zeigler

CARROT SALAD

2 cups coarsely ground carrots
1 cup seedless raisins
French dressing

Method: Select nice fresh carrots and run them through the vegetable grinder. Add the seedless raisins and enough French dressing to barely moisten and let marinate several hours. Better still, prepare it the night before. Serve on lettuce leaf with a little mayonnaise on top. This makes a delicious salad.

Mrs. Tom Zeigler

POTATO SALAD

Boil four large Irish potatoes with salt. Cut into small dice. Mince two small onions. One large pepper. Two hard-boiled eggs. Grate the rind of two lemons, one-fourth teaspoonful celery seed. Make paste by adding dessert spoon oil or melted butter and yoke of egg. Add about half cup of vinegar. Pour this over the cold potatoes and allow to stand about one half hour. Then add mayonnaise.

Mrs. W. M. Blakey

MACARONI SALAD

1|2 box shell macaroni
1 cup pickles (chopped)
1 can pimentos, chopped fine, or two nice fresh tomatoes

Method: Boil macaroni until tender; then drain off water, add other ingredients, and mix carefully so as not to break macaroni. Serve on lettuce leaf wtih mayonnaise.

APPLE, DATE AND CELERY SALAD

To serve four pare one large choice apple, quarter, core and cut into small pieces and squeeze over these the juice of half a lemon. Cut five choice stalks of celery in small pieces. Pour boiling water over half a pound of dates, stir the water through them, skim to an agate plate and let dry in the oven. When cold cut each into four or five lengthwise pieces; mix together the apple, celery, and dates, then add a generous half cup of mayonnaise dressing and mix again.

Mrs. W. H. Myers

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CAKES AND CAKE FILLINGS

FRUIT CAKE OR WEDDING CAKE

3 lb. dry flour
1 lb. brown sugar
2 lb. currants
1 lb. citron
1 tablespoon all spice
2 teaspoon cinnamon
1 cup molasses with spices.
1 lb. butter
3 lb. seedless raisins
3|4 lb. sweet almonds (blanched)
12 eggs
1 teaspoon cloves
2 nutmegs

Steep this gently for 20 minutes, not boiling hot. Beat the eggs very lightly. Put the fruit in last, stirring gradually. Also teaspoon soda, dissolved in tablespoon of water.

The fruit should be well floured. After the fruit is in butter a sheet of paper and lay in the pan. Lay in some citron sliced very thin; then pour in some of the cake, and so on till pan is full. It improves the cake very much to add a teaspoon of baking powder in the flour. Bake slowly for one hour and a half. When cold pour brandy over it.

Mrs. Wm. D. Smith

OLD FASHIONED SYRUP CAKE

1 cup syrup
2 cups flour
1 tablespoonful sugar
1|2 cup buttermilk
1|2 teaspoon salt
2 eggs
1|2 teaspoonful soda
1 teaspoonful baking powder
1|2 cup lard or Crisco
Spices to taste

Mix as other cake, bake in loaf in moderate oven and serve with butter sauce. **Mrs. Wesley Barefield**

DRIED APPLE FRUIT CAKE

Soak three cups apples over night in enough water to swell them. Chop up and stew with three cups of molasses, stew until smooth and soft. Add a cup of raisins and stew a few minutes. When cool add 3 cups flour, 1 cup butter, 3 eggs, 1 teaspoonful soda. Bake in a steady oven. This will make two good sized pans of delicious cake.

Mrs. R. H. Hudson

ANGEL FOOD CAKE

1 glass flour	1 1|2 glass sugar
1 teaspoon cream of tartar	Whites of eleven eggs
1 teaspoonful vanilla	

Sift flour and sugar separately five times. To whites beaten moderately stiff add first cream of tartar and vanilla. Then carefully and quickly beat in sugar. Next fold in as quickly as possible flour. Pour mixture into pan thoroughly dry and free of grease. Bake one hour in a moderate oven whose temperature will be regular. **Judith W. Hall**

LADY BALTIMORE FILLING

2 cups granulated sugar	2 egg whites
1 cup water	1 cup raisins
1 cup chopped nuts	

Boil sugar and water five minutes. Pour the boiling syrup over the whites, stiffly beaten. and set aside half of the mixture for the frosting. Add raisins and nuts to the remainder and use for the filling. **Mrs. F. E. Zeigler**

HARRISON CAKE

1 cup sugar	1 cup sweet milk
1 cup butter	1 teaspoon soda, cloves, cinnamon
2 eggs	1 teaspoon nutmeg
1 cup molasses	3 1|2 cups sifted flour
1 lb. seeded raisins	

Mix and bake like cake. Dredge fruit before adding. Bake one hour. **Laura M. Hall**

STRAWBERRY SHORTCAKE

Put two quarts of capped berries in a colander and pour cold water over them. Reserve a few of the choicest ones to be used as a garnish. Cut the other in halves and mix with two cups of sugar, set in a warm place for an hour or two.

Make a soft dough of two cups of sifted flour, three teaspoons of baking powder, 1|3 cup of butter, 1 egg, 3|4 cup of sweet milk, 1|2 teaspoon salt. Divide the dough and roll into two pieces to fit a round pan. Spread the layers with softened butter, place one on top of the other and bake 15 minutes; when done pull the layers apart and put in a layer of sweetened berries and another on top. Serve in a round platter with whipped cream and fresh berries. A border of fresh strawberries left around the edge of the dish adds to the apearance of it. **Mrs. R. C. Gorey**

Knox Gelatine makes a transparent, quivering, tender jelly

GOLD CAKE

Yolks of eight eggs
1 1|4 cups sugar
2|3 cup butter
2|3 cup sweet milk
1 teaspoon cream of tartar
1|2 teaspoon soda
Flavor to taste
2 1|2 cups flour

Sift flour once, add soda and sift three times. Cream butter and sugar, beat yolks and cream of tartar and beat to a stiff froth. Add this to creamed sugar and butter and add milk; then flour, and stir very hard. Bake in slow oven forty-five minutes.

Mrs. J. L. McGwier

BLACK FRUIT CAKE

1 dozen eggs
1 lb sugar
1 cup syrup
2 lbs currants
1 wine glass brandy
1 teaspoon spice
1 teaspoon baking powder
1 lb of any other kind of nuts
1 lb butter
1 lb flour
2 lbs raisins
1|2 lb citron
1 teaspoon cloves
2 nutmegs
1 lb pecans

(Excellent)

Mrs. J. D. McKeithen

CARAMEL ICING

2 cups brown sugar
1 tablespoon butter
Few drops of vanilla
1 cup thick cream
1|2 teaspoon baking powder

Boil sugar, cream and butter without stirring until a little dropped in cold water will form a soft ball. Add baking powder and vanilla. Beat until of creamy consistency.

Mrs. J. M. Harris

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MARBLE CAKE

White Part: Whites of four eggs, 1 cup white sugar 1|2 cup butter, 1|2 cup sweet milk, 2 teaspoons baking powder, 1 teaspoon vanilla or lemon, 2 1|2 cups-salted flour.

Dark Part: Yolks of 4 eggs, 1 cube brown sugar, 1|2 cup cooking molasses, 1|2 cup butter, 1|2 cup sour milk, 1 teaspoon ground cloves, 1 teaspoon cinnamon, 1 teaspoon mace 1 nutmeg grated, 1 teaspoon soda, the soda to be dissolved in a little milk and added after part of the flour is stirred in, 1 1|2 cups sifted flour.

Drop a spoonful of each kind in a well buttered cake pan first the light and then the dark alternately. Try to drop it so that the cake will be well streaked throughout so that has the appearance of marble. **Mrs. Hugh Cobb**

POUND CAKE

1 lb flour	1 lb sugar
1 teaspoon baking powder	3|4 lb butter
12 eggs(whites; 5 yolks	

Miss Jennie P. Reese

CHOCOLATE ICING (Uncooked)

2 cups powdered sugar	3 tablespoons cocoa
1 cup butter	1 teaspoon vanilla
2 tablespoons cold black coffee	

Mix until smooth and then spread on cake.

Mrs. F. E. Zeigler

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Knox Gelatine makes a transparent, quivering, tender jelly

WHITE CAKE

1 cup butter
2 cups sugar
1 cup milk or water
3 cups flour
Whites of 8 eggs
2 teaspoons baking powder
1 teaspoon vanilla

Cream butter and sugar

Add the milk then the flour and baking powder sifted together. Fold in very gently stiff beaten whites and turn into a greased pan. Bake in a moderate oven about 45 minutes.

Mrs. Delia Graff

LEMON CAKE

2 cups sugar
1|2 cup butter
3 eggs
1 1|4 cup milk
3 teaspoons baking powder
Grated rind of lemon
1|2 teaspoon salt
3 cups flour

Beat the butter to half the sugar. Add gradually the remainder of the sugar with the well beaten eggs. Next put in the grated lemon then the milk. and lastly the flour, sifted with the salt and baking powder. Bake 45 minutes in a moderate oven and cover with a lemon frosting.

Mrs. F. E. Zeigler

GOOD CHEAP CAKE

6 eggs
2 cups sugar
2 teaspoons each of lemon and vanilla
1 cup butter
2 teaspoons baking powder
3 cups flour

Miss Jennie P. Reese

LEMON JELLY CAKE

1 cup of sugar
1 egg
3 cups flour
Butter size of an egg
1 cup of sweet milk
Jelly

The rind and juice of 1 lemon, 1 egg, 1 cup of sugar. 3 teaspoons of corn starch. 1 cup of hot water. Mix and let boil up once. Spread between when cake is cold.

Mrs. W. D. Smith

ORANGE CAKE

2 cups sugar
3 egg whites
1|3 level teaspoon salt
2 cups flour
1 1|2 level teaspoon baking powder
1 cup butter
5 yolks
Juice and grated rind of orange
1|2 cup water

ORANGE ICING

Grated rind and strained juice of 1 orange, 1 1|2 cups powdered sugar. **Mrs. Pope Foster**

SPONGE CAKE

Yolks of 4 eggs beaten and 2 cups of sugar creamed together. Pour over this slowly 1 cup of boiling water. Then add 2 cups of flour and two teaspoonsful of baking powder, then extract. Lastly add the stiffly beaten whites of four eggs. Bake quickly. **Mrs. W. J. Judkins**

WHITE LAYER CAKE

1 cup milk
1 cup of butter
2 cups sugar
3 cups flour
4 teaspoons Royal baking powder
1 teaspoon vanilla
Whites of six or eight eggs

Sift flour and baking powder three times. Cream butter and sugar, add milk and flour alternately, then stiffly beaten whites and vanilla. Bake in layers in moderate oven for about twenty minutes. Put together with any filling desired.

Mrs. J. L. McGwier

FRUIT CAKE

6 eggs
2 cups sugar
1|2 teaspoonful soda
2 lbs raisins
1 oz citron
1 cup butter
1 cup syrup
2 teaspoons all kinds of spices
2 lbs currants
5 cups flour

Bake in slow oven two hours. **Mrs. George W. Brown**

WHITE FRUIT CAKE

Whites of 12 eggs
1 lb flour
1|2 cup water
1 lb crystallized pineapple
- lb citron, cut thin and fine
1|2 lb pecan meats
1 lb sugar
3|4 cup butter
1 whole grated cocoanut or 2 lbs
1 lb crystallized cherries
1 lb blanched chopped almonds
1 oz. rose water

Bake in moderate oven for three or three and a half hours. **Mrs. S. J. McMorris, Wetumpka**

RAISIN CAKE

1 cup butter
6 eggs
1 teaspoon Royal Baking Powder
Spices to taste
2 cups sugar
3 1|2 cups flour
1 cup water
3 lbs raisins or 4 packages

Bake about 3 or 3 1|2 hours. When cold, pour one cup of grape juice over it. **Mrs. S. J. McMorris, Wetumpka**

DEVIL'S FOOD CAKE

1 cup butter
3 cups flour
1 teaspoons vanilla
2 cups sugar
2 eggs beaten separately
1 teaspoon soda dissolved in 2|3 cup of buttermilk

Melt 1|4 of a pound of chocolate in 1|2 cup boiling water and add to the batter last.

FILLING

4 cups sugar
1 cup sweet milk
1|2 cup butter
1 teaspoonful vanilla

Mrs. C. G. McMorris, Wetumpka

PRUNE WHIP CAKE

Cream 3|4 cup butter; 1 cup sugar
Beat separate whites and yolks of 3 eggs
1 level teaspoon soda in 4 tablespoons sour cream
Sift 2 cups of flour twice with 1 teaspoon cinnamon
1 teaspoon alspice
Then add 1 cup of cooked and chopped prunes, a pinch of salt: Cook either in layer or loaf.

FILLING FOR ABOVE

2 eggs, not separate
1|2 cup of sour cream
A pinch of salt
1 cup sugar
1 tablespoon of butter

Put all in a double boiler, coko until thick, add vanilla and spread on between layers. 1 cup of pecans are nice added. **Mrs. Frank Randolph**

CHOCOLATE ICING

5 level tablespoons chocolate
1 cup of sugar

Place in boiler with just enough milk or water to cover chocolate. Cook until thick or a little tried in water is hard

Mrs. J. D. McKeithen

QUICK COMPANY CAKE

Take one egg, break in cup filled with sweet cream, beat thoroughly, add cup granulated sugar, tablespoon butter, one and one half cups of flour sifted with large teaspoon Royal Baking Powder. This will make thin batter but will not fall if oven is at right heat.

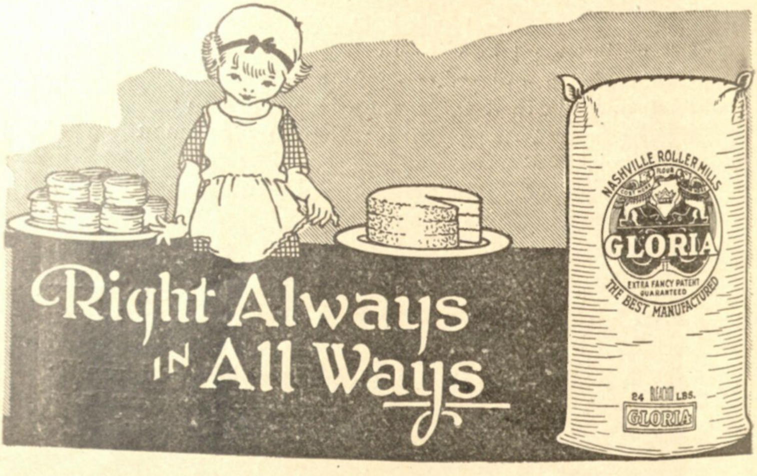
Make icing with 1|4 cup granulated sugar, cook into a threaded syrup, add this to white of one egg beaten stiffly. Mix cocoanut in icing before spreading, also sprinkle some dry cocoanut on top.

Mrs. Thos. W. Cobb

ST. PATRICK'S CAKE

1 cup sugar
1|3 cup butter
3 eggs
3|4 cup milk
1 1|2 cups flour
5 tablesponos cocoa
2 tablespoons baking powder
1 teaspoon vanilla

Mrs. Wesley Barefield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DECORATIVE ICING

Layer Icing:

2 1|2 cups sugar
1 cup water
12 eggs
1 teaspoonful lemon flavoring
1 teaspoonful cream of tartar
1|2 cup powdered sugar

Last Icing:

3 cups granulated sugar
1 cup powdered sugar
1 teaspoon cream of tartar
1 1|2 cups water
1 teaspoon baking powder
3 teaspoons lemon flavoring

Cook, combine, and complete over hot water.

Elizabeth Sightler, Montgomery

THREE EGG ANGEL CAKE

1 cup sugar
1|2 teaspoon cream of tartar
1|3 teaspoon salt
1 teaspoonful vanilla or almond
1 1|3 cups flour
3 teaspoons baking powder
2|3 cup scalded milk
3 egg whites

Mix well and sift together the first five ingredients four times. Add to this the scalded milk while still warm, beating continually. Add flavoring. Mix well and fold in 3 egg whites, well beaten. Put in ungreased cake tin, and bake 45 minutes in a slow oven. Remove from oven, invert pan, and allow to stand until cold.

To Ice this Cake: Add 1|2 teaspoonful butter to 2 teaspoonsful hot milk and gradually add 1 1|2 cups of confectioner's sugar. Add 1|2 teaspoonful vanilla and spread.

Mrs. F. E. Zeigler

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DEVIL'S FOOD CAKE

3 eggs
1|2 cup butter
2 cups sugar
1|2 cup buttermilk
Nutmeg, cinnamon and vanilla
1|2 teaspoonful soda
1|2 cup water
3 cups flour
1|2 cake chocolat

Method: Cream butter, and sugar. Melt the chocolate in the water and let cool. Beat the eggs one at a time into the butter and sugar, then add the melted chocolate, flour and soda dissolved in milk. Flavor and bake in layers. Put the layers together with marshmallow filling.

Mrs. Tom Zeigler

LEMON FILLING

1 level cup sugar
2 1|2 tablespoonful flour
1 egg
1 teaspoonful butter
Grated rind 2 lemons
Juice of 2 lemons

Method: Mix the ingredients in the order given. Cook, stirring constantly until the boiling point is reached.

PLAIN CAKE

2 cups sugar
4 eggs
3 cups flour
1 teaspoon vanilla
1 cup butter
1 cup milk
2 teaspoons baking powder

By adding about four heaping tablespoons cocoa to this a nice chocolate cake may be made, using boiled icing for filling.

CHILDREN'S CAKE

Cream 1|3 cup butter, add one cup of sugar and cream again. Dissolve one even teaspoon of soda in one cup of sour milk and add to the sugar mixture. Add one well beaten egg and beat all together until smoot and creamy. Sift together two and a half cups of flour, one teaspoon cinnamon. one of mace; Lastly beat in one cup of seeded and chopped raisins. Sprinkle with sugar and bake in rather a slow oven.

Mrs. Wesley Barefield

DATE CAKE

4 eggs
1 cup sugar
1 cup flour
2 teaspoonful baking powder
2 packages dates
2 cups nuts (cut lengthwise)

Put in loaf pan lined with greased paper and bake in slow oven one hour and a half.

Mrs. H. E. Quillian

CHOCOLATE ICE CREAM CAKE

2 cups sugar	1|2 teaspoon salt
3|4 cup butter	3 teaspoons baking powder
3 eggs	2 1|2 cups flour
1 cup milk	1 teaspoon vanilla
2 tablespoons chocolate	

Beat to a cream 1 cup of the sugar with the butter. Add the eggs well beaten then half a cup of milk and the vanilla. Sift together the flour and salt and baking powder and beat them into the other ingredients. Put the remainder of the sugar and milk with the chocolate into a sauce pan and cook until the chocolate is dissolved. Add to the cake batter. Beat well and bake in a moderate oven about 45 minutes.

Anna Dozier Elmore

MRS. WILSON'S ICING

2 cups sugar	1 cup water
Tiny pinch of cream of tartar	

Put on and cook until water is out. Pour 1|3 over four egg whites stiffly beaten with 1|2 cup of sugar in them. Put syrup on and cook until thick as honey; then pour 1|3 over eggs. Cook syrup until it strings then pour over eggs. Add 1|2 teaspoon baking powder. Put in double boiler and cook 10 or 12 minutes. **Mrs. G. C. Gilder, Mt. Meigs**

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COFFEE CAKE

2 cups sugar
3 eggs, beaten separately
1|2 cup buttermilk
4 teaspoonsful baking powder
1|2 cup hot coffee
1|2 cup butter
2 cups flour
1|2 teaspoonful soda
1|2 cup cocoa

Filling—(Not Cooked)

1 cup butter
1 tablespoon vanilla
3 teaspoons cocoa.
2 cups pulverized sugar
2 teaspoons hot coffee

Stir until well mixed and spread on cake.

Mrs. G. C. Gilder, Mt. Meigs

WHITE CAKE

1 cup butter
1 cup milk
2 teaspoons baking powder
2 cups sugar
4 cups flour
Whites of 8 eggs

Beat butter and sugar to a cream, add the milk, then the flour and baking powder sifted together. Fold in very gently the stiffly beaten whites of the eggs and flavor to taste.

Mrs. D. M. Lockett

SPANISH CHOCOLATE CAKE

1 cup of sugar
3 cups of flour
1 teaspoonful of soda dissolved in hot water
1|2 cup of sweet milk
2 eggs

Put on the stove one cup of milk, one half cup of Baker's chocolate, grated, stir until dissolved; then stir into it one cup of sugar and the yolk of one egg stirred together. When cool flavor with vanilla. While this is cooling beat up the first part of the cake and add the chocolate custard. Bake in layers. Ice on top and between layers.

Mrs. D. M. Lockett

COMPLIMENTS OF
Mr. RALPH ZEIGLER
and
Dr. J. S. HARMON

LADY BALTIMORE CAKE

1 1|2 cups sugar
1 cup milk
2 level teaspoon baking powder
1 scant cup butter
3 cups flour
6 egg whites

Beat the butter and sugar until very light and creamy. Add the milk alternately with flour with which baking powder has been sifted. Beat and add whites. Bake about 40 minutes and fill with Lady Baltimore filling.

Mrs. Portis

WHITE CAKE

3|4 cup shortening
1 cup milk
4 egg whites
3 cups flour
1 1|4 cup sugar
3 teaspoons baking powder
1 teaspoon salt

Cream fat and sugar. Add milk alternately to flour, baking powder and salt, sifted thoroughly. Add whites of eggs or fold in last, stirring gently. Use any flavoring to suit taste. **Mrs. F. E. Zeigler**

SPICE CAKE

2 cups sugar
1 cup butter
3 eggs
1 cup sour milk
1 level teaspoon soda
1 teaspoon cinnamon, spice and salt
2 teaspoons syrup
3 cups flour
1 cup raisins
1|2 cup nuts
2 teaspoons ginger

Cream sugar and butter, beat in eggs, then soda dissolved in milk. Add syrup, flour, raisins, nuts and spices. Bake in moderate oven one hour. **Mary Eruin Frazer**

BROWN STONE FRONT CAKE

3|4 cup butter
5 eggs (well beaten)
2 1|2 cups sugar
3 teaspoonsful vanilla

Dissolve 3|4 cup of chocolate or cocoa over hot water; dissolve 1 teaspoon soda in 1 teaspon hot water; add to 1 cup milk and stir into former mixture. Add 2 1|2 cups flour. Bake in layers and spread with chocolate filling.

Filling:

3|4 cup chocolate or cocoa
1 cup sweet milk
Lump of butter
2 cups sugar
1 teaspoon vanilla

Cook until thick. **Mrs. G. C. Gilder, Mt. Meigs**

Eggless, Milkless, Butterless Cake

1 lb raisins
2 cups sugar
3 1|2 cups flour
2 tablespoons lard
2 cups water
1 teaspoon soda
Spices, allspice, nutmeg, cloves, cinnamon

Bring first four ingredients to boil and boil five minutes. Add soda, flour and spices. Bake slowly.

Mrs. Eugene S. Smith

CHOCOLATE SYRUP (Very Cheap)

1|3 cup butter
2 cups flour
1|2 cup of buttermilk
3 eggs
1 1|2 cups sugar
1 level teaspoon of soda
Small cake of chocolate dissolved in 1|2 cup hot water
Vanilla to taste

Save two of the whites of eggs to make plain icing. Cream butter and sugar thoruoghly, add yellows then flour, alternating with buttermilk in which soda has been dissolved and the chocolate and water adding the white last. Bake in moderate oven until done and ice when cold.

Mrs. J. W. Terry

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SPARKLING BOTTLE.
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Beverages—
Grape, Orange, Strawberry,
Lemon and Peach

JAM CAKE

3 eggs
1 cup sugar
1|2 cup sweet milk
2 cups flour
3|4 cup butter

Beat eggs separately; cream, butter and sugar and mix well with yellows; then add milk and flour alternately. Stir 1 teaspoon of soda in 1 cup of jam and add as last thing. Also add 1 1|2 teaspoons ground spice and 1|2 teaspoon cinnamon. Put together with caramel filling.

Mrs. J. Price Chapman

DEVIL'S FOOD CAKE

(Original)

1 cup butter
3 cups flour
6 eggs
1 level teaspoonful soda
2 cups sugar
1 cup cocoa
1 cup hot water
1 tablespoonful vanilla extract

Cream butter, sugar and cocoa together. Beat eggs and add. Dissolve soda in hot water and add to mixture. Sift flour and beat in. Then add vanilla and beat the batter well. Cook in stem pan beginning in cold oven. When cold cut in two layers and ice with chocolate fudge.

Mrs. Hugh Frasier

BUTTER FROSTING—Uncooked

1|2 cup sweet or unsalted butter
1 1|2 cups confectioner's sugar
1 tablespoonful cocoa
Rich milk

Cream the butter and add the sugar gradually continuing the beating. Add cocoa and flour drop by drop. Beat constantly and add milk drop by drop until the mixture is of the right consistency to spread. **Mrs. Leon Day**

COFFEE FRUIT CAKE

2 cups brown sugar
1 cup molasses
4 eggs
1 teaspoon Royal baking powder
2 teaspoons cinnamon
1|2 teaspoon salt
1 lb currants
1 cup butter
1|2 teaspoon soda
4 cups flour
1 teaspoon cloves
1 teaspoon nutmeg
1 cup strong coffee
1 lb raisins

Cream butter and sugar. Add molasses in which soda has been dissolved. Add well beaten eggs. Sift flour, baking powder, spices and salt together and add to butter mixture. Add coffee, mix well. Add fruit which has been slightly floured. Mix well and bake in slow oven with a pan of water in the bottom. **Mrs. J. M. Harris**

FRUIT CAKE

3 lbs flour
1 lb sugar
2 lb raisins
3|4 lb citron
1|2 lb pineapple
3|4 lb pecans or English walnut meats
2 nutmegs
1 cup molasess

1 lb butter
12 eggs
1 lb currants
1 lb cherries
3|4 lb blanched almonds
1 lb cloves
2 lb cinnamon
3 teaspoons baking powder

Mix as any other cake. Add 1 teaspoon of soda dissolved in a little water. Add sweet milk if cake is too stiff. Add fruit, etc. last after being well floured, each piece being separated to iteself. A coffee cup each of strong black coffee (cooled) and wine, brandy or grape juice added and 2 lbs of cocoa improve the cake. Bake three or four hours in slow oven accoring to thickness of loaves. Line pan. Let cool before removing from pans. **Laura Hall**

COCOA ROLL

5 eggs
1 cup flour

1 cup sugar

Beat eggs and sugar 15 minutes then fold in flour. Cook 20 minutes. Bake on greased paper.

Filling:

1 cup sugar
1|2 cup boiling water

1|2 cup cocoa

Spread on cake and roll.

Mrs. Mamie Wiglesworth Pinkston

PRINCE OF WALES CAKE

3 yolks and one white or 2 whole eggs
1|2 cupful of butter
1 cup sour milk
2 1|2 cups of flour

1 cup sugar
1|2 cup molasses
1 teaspoon each of cloves, nutmeg and baking powder

Bake in layers.

Filling:

2 cups sugar

1|2 cup water

Boil until it hairs, pour slowly into well beaten whites of 2 eggs and 1 cup chopped raisins, 1|2 cup nuts. When using self-rising flour leave out soda.

Mrs. Albert Wiglesworth

MARSHMALLOW ICING

1 1|2 cups sugar
13 marshmallows
1|2 cup water
1 egg white

Boil until it it spins. Add 13 marshmallows, take off and add slowly to 1 well beaten egg white; add 1 teaspoon lemon flavoring. Beat well and place on cake.

Mrs. Eugene S. Smith

DATE AND NUT CAKE

4 eggs
2 cups nuts, cut lengthwise
1 cup sugar
1 cup flour
2 teaspoons baking powder
2 packages dates

Method: Put in loaf pan lined with greased paper and bake in slow oven one hour and a half.

Mrs. H. E. Quillian

ONE, TWO, THREE, FOUR CAKE

1 cup butter or lard
2 cups sugar
4 eggs
1 cup milk
3 cups flour
2 teaspoons baking powder
1 teaspoon vanilla
1 teaspoon lemon

Cream well, add eggs, flour, baking powder and flavoring. Bake in cake pan, well greased, slowly for one and one-half hours.

Mrs. Eugene S. Smith

CHOCOLATE CAKE

Cream 1|3 cup of butter and 1|2 cup sugar. Then add 2 eggs well beaten. Then 3 squares chocolate melted in 1|2 cup boiling water. Dissolve 1 teaspoon soda in 1|2 sup sour milk and add to batter alternately with 2 cups of flour. Flavor with one teaspoon vanilla. Bake in a deep pan 50 minutes. Use any kind of icing.

Mrs. Delia Graff

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FRUIT CAKE

5 eggs
1 cup syrup
2|3 teaspoon roda
1 cup sugar
1 cup butter
2 cups or more nuts
1 grated cocoanut
1 tablespoon nutmeg, spices and cinnamon
1 qt sifted flour
A little citron
2 boxes raisins
Cherries
1 cup fig preserves

Method: Cream butter and sugar, beat in egg. Add syrup with soda dissolved in it. Save out a little of the flour to flour the fruit with. Add flour and then the fruits.

Mrs. Bessie Barnett Slager

LEMON CHEESE CAKE FILLING

1|2 cup butter
1|2 cup sugar
Grated rind and strained juice of 2 lemons

Put the butter, sugar and lemon juice and rind in the double boiler and heat over hot water. When thoroughly heated add the eggs well beaten and stir until the mixture thickens. Set aside to become thoroughly cold and then place a spoonful in each pattie shell. The lemon cheese mixture will keep for months. **Mrs. T. W. Cox**

CHOCOLATE LAYER CAKE

1|2 cup butter
1|2 cup sugar
3|4 cup of milk
1 teaspoon vanilla
2 teaspoons baking powder
3 eggs
2 cups flour

Cream butter and sugar. Add well beaten egg yolks. Add flour in which baking powder has been sifted. Add milk and stir until smooth. Flavor and fold in stiffly beaten egg whites. Bake in three layers in quick oven. Put together with the following Chocolate Icing:

4 squares unsweetened chocolate
1 1|2 sugar
1 1|2 cups milk
1 teaspoon vanilla

Melt chocolate in milk stirring until thick. Add sugar and cook until mixture thickens. Cool, flavor, and spread between layer and on top. **Mrs. Geo. L. Williams**

COOKIES, DOUGHNUTS

CARD PARTY BUNS

Work until creamy 4 tablespoons butter, add slowly 1|3 cup sugar; when smooth add one egg and beat thoroughly. Sift in 1 1|2 cup plain flour, 3 teaspoons baking powder, 3|4 teaspoons salt. Add 1|3 cup milk and mix well. Knead then and roll out. Cut with diamond and heart cutter. On half of these put 1t easpoonful of raspberry jam and wet edges and cover. On half of the spades and clubs put 1 teaspoon grated sweet chocolate, mixed with chopped nut meats. Wet edges and cover. Bake 15 minutes in hot oven.

Estelle Barrett

GINGER SNAPS

Cream together 1 cupful butter and 1 cup sugar, add 1 cup molasses, 1 heaping teaspoonful ground ginger and add 1|2 cup black coffee in which 2 heaping teaspoons soda have been dissolved, a pinch of salt and flour enough to roll out. Roll very thin, cut with biscuit cutter and bake in hot oven.

Mrs. A. W. LeBron

DOUGHNUTS A LA PERSHING

This is the recipe that made the Salvation Army famous during the World War:

5 cups flour, more if needed
1 saltspoon salt
1 3|4 cups milk
5 teaspoons Royal baking powder
2 eggs
1 cup table lard

The dry ingredients and the wet are mixed separately before the whole is kneaded and ready to fry. Mix all into a soft dough, cut with doughnut cutter. Drop into very hot lard. It is well to clarify the lard by dropping a slice of raw potato into it. This will also indicate how hot the bowl is and whether the doughnut will quickly brown in it. This quantity will make four dozen doughnuts.

The Salvation Army by Laura M. Hall

SPICE DROPS

Cream together 3|4 cup butter and 1 cup of sugar, add 2 cups uncooked oatmeal, 1 1|2 cups seeded raisins, 1 teaspoon cinnamon, 2 cups of flour, 1 teaspoon soda in the flour. Add three well beaten eggs as you would milk. Drop in a greased pan pieces about the size of a walnut and bake in slow oven.

Mrs. A. W. LeBron

DOUGHNUTS

3 cups flour 1|2 teaspoon nutmeg
1|2 teaspoon salt 2|3 cup sugar
3 teaspoons Royal Baking Powder 2 eggs
1 cup milk

Sift together the dry ingradients, mix to a soft dough with the eggs and milk. Cut out and fry in a deep fat, drain and sprinkle with sugar. **Mrs. Lula M. Clement**

PEANUT COOKIES

1|4 cup butter (scant) 2 tablespoons milk
1|2 cup sugar 1 cup flour
1 egg beaten without separating white and yolk
2 level teaspoons Rumfords baking powder 3|4 cup peanuts

Cream the butter gradually, beat in the sugar, egg and milk and flour sifted with the baking powder. Add chopped nuts to the mixture. Drop on a buttered tin a teaspoonful in a place; bake in a moderate oven. This recipe makes two dozen small cookies. **Mrs. Wesley Barefield**

OATMAL MACCAROONS

1 cup table butter 2 eggs
1 cup sugar 2 1|2 cups rolled oats
1 level teaspoon Royal baking powder 1|4 teaspoon salt

Cream butter and supar, add beaten eggs, then the rolled oats, baking powder and salt mixed together. Drop by spoonsful on greased pans and bake about 2 minutes in a hot oven. **Mrs. J. H. Bagwell**

DATE COOKIES

1 1|2 cups sugar 2 eggs
1 cup butter 2 tablespoons buttermilk
4 cups flour 1 teaspoon soda
2 teaspoons cinnamon 1 cup arisins or dates

Mix as any cookie and bake in a quick oven.

Mrs. G. W. Roberts

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SWEDISH COOKIES

2 cups sugar
2 cups butter
1 cup almond meats, ground
4 egg yolks
3 to 4 cups flour
1|2 teaspoon almond extract

Mix as other cookies and bake in quick oven. An original recipe from far away Sweden, given me by a friend.

Laura M. Hall

BANBERRY TARTS

1 lb seeded raisins
3|4 cups flour
2 lemons
2 eggs beaten separately
1 lb flour
Piece of butter size of an egg

Mix and cook until thick stirring constantly. Let cool. Have ready pastry from which cut round using small saucer and place on each teaspoon of mixture. Fold over and crimp edges well. Bake in moderate oven. **Laura M. Hall**

MINT WAFERS

2 cups sugar
8 dessert spoons water

Boil 8 minutes. Add peppermint to taste. Beat until it begins to thicken. Drop in small cakes on buttered margle or tins. These are attractively made in several different colors. **Laura M. Hall**

TEA CAKES

Cream one half cup of butter or lard with 1 cup of sugar, little salt, 2 eggs beaten in one at a time and 2 tablespoons of milk, 1 full teaspoon of Royal baking powder, little ground ginger and enough flour for a soft dough. Roll very thin and bake quickly.

Mrs. W. J. Judkins

PEANUT WAFERS

1|2 cup lard or butter
1 cup sugar
1|4 cup cold water
1 1|2 teaspoons Royal baking powder

1|4 teaspoonful salt
1 cup finely chopped peanuts
2 cups flour

Cream the butter and sugar toegther, add the nuts and water, then the flour, salt and baking powder sifted together roll out thin and cut into wafers with round cutter; bake on greased pan in hot oven.

Mrs. Crawford Harris

MACCAROONS

1 cup flour
Pinch of salt
2 eggs
3 tablespoons lard

2 cups rolled oats
2 teaspoons Royal baking powder
3|4 cups sugar
1 teaspoon vanilla and cinnamon

Cream butter and sugar, add eggs and well mixed dry ingredients. Drop from teaspoon on well greased pan. bake in moderate oven.

Mrs. Eugene S. Smith

TEA CAKES

2 cups sugar
2 eggs
2 rounding teaspoons baking powder
1 teaspoonful of lemon extract

3|4 cups milk
3|4 cups butter
1|2 teaspoonful vanilla

Mix sugar and eggs, butter, dissolve baking powder in the milk and add graduallyn use flour enough to keep dough from sticking. Roll out on board 1|2 inch thick and bake.

Mrs. F. L. Herrmann, Coosada

COOKIES

1|2 cup butter
1 egg
2 teaspoons Royal baking powder
Add extracts

1 cup sugar
1|2 cup milk
Flour enough to make
soft dough

Roll out on thin board, cut and bake.

Mrs. Annie McAdam

OATMEAL CRISPS

2 1|2 cups dry oat meal
1 cup sugar
2 teaspoons of Royal baking powder
Vanilla to taste
2 eggs beaten
2 tablespoons melted butter
Pinch of salt

Mix thoroughly, and drop in small piles on greased pan and bake in the usual way.

Mrs. J. W. Terry

FRUIT COOKIES

1 cup butter
1|2 cup syrup
2 tablespoons boiling water
3|4 teaspoon salt
1|2 teaspoon cloves
1 cup of raisins cut fine
1 cup sugar
3 eggs well beaten
3 1|4 cups of flour
1 teaspoon cinnamon
1 cup of nut meats cut fine

Cream butter, add sugar and syrup gradually; add beaten eggs and soda dissolved in boiling water. Add sifted flour, salt and spices together reserving 1|4 cup flour to flour fruits and nuts. Add floured fruit to first mixture then add flour beating until all ingredients are blended. Drop on greased pan in small piles and bake 15 minutes in moderate oven.

Mrs. J. W. Terry

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DOUGHNUTS

1 cup sugar
1 heaping tablespoon of butter
1 level teaspoon of salt
Grated nutmeg to taste
2 eggs well beaten
5 cups of flour
Milk to take up flour
2 teaspoons Royal baking powder

Cream butter and sugar until light. Add beaten eggs. Add flour, salt and baking powder sifted together. Add milk until a soft dough. Roll and cut. Fry in deep fat until brown. Take up and sprinkle with sugar.

Mrs. Delia Graff

OATMEAL COOKIES

2 cups oatmeal
2 cups flour
1 1|2 cups sugar
2 cups raisins
1 scant teaspoonful soda
A little salt
1 cup nuts
2 eggs
1 cup butter
6 tablespoons buttermilk
1 teaspoon vanilla
1 teaspoon cinnamon, nutmeg and allspice

Method: Cream butter and sugar. Mix all dry ingredients. Beat eggs in with butter and sugar then beat in the dry ingredients and a little milk but keep batter very stiff. Add nuts and raisins and drop from end of teaspoon on a buttered pan. Bake in moderate oven. This batter must be so stiff you can hardly work it. **Mary Wise Zeigler**

CREAM PUFFS

1 cup hot water
1|2 cup lard
1 cup flour
1|2 teaspoonful salt
4 eggs

Method: Boil lard and water together. Add the flour and salt and stir until mixed to leave the sides of the pan. Remove from fire and cool slightly. Add the unbeaten eggs one at a time mixing each well before adding another. Drop by tablesponos in greased pan and bake in moderate oven for about 30 minutes. **Mrs. Rivers Portis**

FILLING FOR CREAM PUFFS

2|3 cup milk
3 tablespoonsful flour
1|4 teaspoonful salt
1 egg
1|4 cup sugar
A little vanilla

Method: Scald milk, pour slowly in the dry ingredients that have been mixed well together stirring constantly. Cook until thick and smooth. Add the well beaten egg just before moving from fire. Cool and add flavoring.

Mrs. Rivers Portis

DOUGHNUTS

4 cups flour
1 cup sugar
2 teaspoons Royal baking powder
3 tablespoonsful melted fat
1 teaspoonful vanilla
1 teaspoon salt
2 eggs
1|2 cup milk
1|2 teaspoonful cinnamon

Method: Mix and sift dry ingredients. Mix the milk and fat with well beaten eggs. Add the wet ingredients to the dry making a soft dough that may be rolled one half inch thick and cut with doughnut cutter. Fry in deep fat. Turn the doughnuts once while frying and when a light brown place on unglazed paper to drain.

Mary Wise Zeigler

VIRGINIA COOKIES

1|3 cup sugar
1 egg
2 tablespoonsful butter
1 teaspoon Royal baking powder
1|4 teaspoon vanilla
1 cup flour

Method: Cream the butter and sugar, add well beaten egg, then flour which has been sifted with the baking powder. Roll and cut, put raisins on top of each cookie and bake.

Mrs. T. W. Zeigler

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PEANUT JUMBLES

1 cup well roasted peanuts (ground fine) 1|2 cup butter
3|4 cup sugar 1 cup flour
1|2 cup milk

Method: Cream butter and sugar, add flour and peanuts and moisten with milk so that it be the consistency of pie crust. Roll as thin as you possibly can and cut in squares. Bake in hot oven in buttered tins. **Mrs. Thos. W. Zeigler**

PEANUT COOKIES

4 tablespoonsful butter 1 cup flour
1|2 cup sugar 4 tablespoons sweet milk
2 eggs 2 scant teaspoons Royal baking powder
1|2 teaspoonful salt 1 cup peanuts
Lemon flavoring

Method: Cream butter and sugar, stir in eggs and milk, then put in flour, salt and baking powder. Put in peanuts and flavoring. Make a drop batter and drop in greased pan. Bake in moderate oven. **Mrs. H. C. Cobb, Jr.**

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CREAM PUFFS

1|2 cup butter — 1 cup boiling water
4 eggs — 1 cup flour

Place butter and water in saucepan on the stove; when boiling pour in all the flour at once and stir vigorously. Remove from the fire and add the unbeaten eggs, one at a time, beating until thoroughly mixed between the addition of each egg. Drop by spoonsful on buttered sheet about inch apart. Bake 30 minutes in moderate oven. If thoroughly cooked they will not fall.

Cream Filling:

3|4 cup sugar — 1|3 cup flour
Pinch of salt — 2 eggs
2 cups scalded milk — 1|2 teaspoon lemon flavoring

Cook 15 minutes in a double boiler.

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COFFEE SOUFFLE

Mix 1 1|2 cups coffee, 1 tablespoonful of gelatine, 1|3 cup granulated sugar and 1|2 cup milk. Heat in a double boiler. Add the yolks of 3 slightly beaten eggs and mixed with 1|3 cup granulated sugar and 1|4 teaspoon salt. Cook until it thickens. Add the whites of the eggs beaten stiff and 1|2 teaspoonful of vanilla. Mold, chill and serve with whipped cream.

Mrs. Calvin Coolidge

Note: This recipe furnished especially for the Millbrook Civic Club by Mrs. Calvin Coolidge, the "first lady of the land."

PEAR FRITTERS

1 can of pears
2 cups flour
1|4 teaspoon salt
2 eggs separated
1 tablespoon Wesson oil
1 tablespoon fruit juice
1|2 cup milk or water

Drain fruit. Into a bowl of sifted flour and salt add milk or water and beat until smooth. Add yolks of eggs, well beaten oil and fruit juice. Beat again and set aside in a cool place. When batter is needed add stiffly beaten whites. Dip fruit into batter and fry in hot fat. Be careful not to let them touch. Drain and sift sugar over them. If preferred, serve with sweet sauce. Peaches, pineapples and other fruits may be used instead of pears.

Mrs. F. E. Zeigler

COTTAGE PUDDING

2 eggs
1|2 cup butter
1 1|2 cups flour
1 cup sugar
1|4 cup milk
1 teaspoon Royal baking powder

Mrs. J. S. Harmon

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BANANA PUDDING

3 egg yolks
1 cup sugar
1|2 cup flour
2 teaspoonsful butter
1 teaspoonful vanilla
2 large bananas
2 dozen vanilla wafers
1|2 teaspoonful salt
2 cups milk

Beat egg yolks, sugar, flour. butter and salt and flavoring. Add slowly to boiling milk. When custard thickens pour into pudding dish or pan a layer of custard, then a layer of vanilla wafers and sliced bananas. For meringue use 2 teaspoonsful vanilla and beaten whites of eggs. Put meringue on top and bake a few minutes.

Mrs. Mary Erwin Frazer

CHARLOTTE RUSSE

Beat until stiff: 1 pint whipping cream; 2 egg whites; add slowly, 1 cup powdered sugar.
1|2 teaspoon vanilla extract 1|4 teaspoon Almond extract

Beat into the whipped cream thoroughly and keep mixture on ice until it stiffens. Small cups or paper molds are lined with sponge cake and filled with this cream. A part of this cream can be colored for decoration.

Mrs. Leon Day

SOFT GINGER BREAD

1 cup molasses
1|2 cup butter
2 eggs
1 teaspoonful allspice
1 teaspoonful soda
1|2 cup sugar
1|2 cup sweet milk
1 tablespoonful ginger
2 cups flour

Bake on shallow pan.

Mrs. J. S. Harmon

BREAD PUDDING

2 cups sweet milk
1 cup bread crumbs
2 tablespoonsful butter
2 tablespoonsful sugar
1|2 cup raisins
1 egg
1|4 teaspoonful salt
1 teaspoonful vanilla or
1|2 teaspoonful spices
1 apple

Method: Scald the milk; add the bread crumbs. When the crumbs are soft add the remaining ingredients. Pour the mixture into a buttered dish and bake slowly until it is firm and a golden brown. Serve with cream, hard sauce or vanilla sauce.

Mrs. G. W. Brown

VANILLA SAUCE

1|4 cup sugar — 2 cups boiling water
2 tablespoonsful flour — 2 tablespoonsful butter
1 teaspoonful vanilla

Method: Mix sugar and flour thoroughly. Add boiling water slowly. Cook 15 minutes. Add butter and vanilla just before serving.

Mrs Price Chapman

MARSHMALLOW WHIP

1 lb Red Seal marshmallows — 1 large can grated pineapple
1 pint heavy cream — 1 cup chopped nuts

Method: Soak marshmallows in pineapple over night. In the morning whip cream into the mixture with an egg beater. Add nuts and whip stiff. Serve and top with a cherry.

Mrs. T. W. Zeigler

SNOW PUDDING

Pour over one half package of gelatine a cup of cold water. Add 1 1|2 cups sugar. When soft add one cup boiling water, and juice of one lemon, whites of 4 eggs well beaten. Beat all together until light and frothy or until gelatine will not settle at bottom after standing a few minutes. Serve with custard made with 2 pint of milk, yolks of four eggs. 4 tablespoons of sugar and grated rind of one lemon. A little jelly or cherry on top of this adds to it.

Mrs. Albert Wiglesworth

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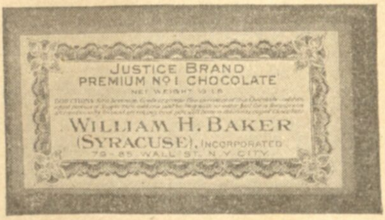
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DANDY PUDDING

1 1|2 pints milk
1 teaspoon vanilla
4 eggs
Sugar to taste

Boil the milk and yolks and 1 teaspoon of cornstarch. Beat the whites to a stiff froth. After the cream is cooked put it in a dish to cool. Then drop the whites after sweetening on the cream. Brown the top a few minutes.

Mrs. J. D. McKeithen

CHOCOLATE CREAM PUDDING

2 cups scalded milk
1|3 cup cold milk
5 tablespoons corn starch
1 1|2 squares chocolate
1|2 cup sugar
3 egg whites
1|4 teaspoonful salt
3 tablespoons hot water
1 teaspoon vanilla

Mix the cornstarch, sugar, salt add the cold milk, stir thoroughly and add scalded milk. Cook in a double boiler 10 minutes stirring constantly until custard thickens. Melt the chocolate in hot water. Stir until smooth and add the mixture. Add stiffly beaten whites and vanilla. Pour into wet moulds and chill and serve. **Annie Glen Rives**

BUTTER SAUCE

1 cup sugar
1|4 cup butter

Cream well together; add one egg white beaten; dry and flavor with lemon extract or home made wine.

Mrs. Wesley Barefield

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BROWN PUDDING

1 egg
1 cup brown sugar
1 cup sweet milk
1 teaspoonful soda
Nutmeg
1 cup raisins
1 tablespoonful butter
1 cup flour
Pinch of salt

Mix and steam one and one half hours.

Mrs. Lucy Barnett Latham

FROSTED LEMON PUDDING

1 pint bread or cake crumbs
Juice and grated peel of lemon
2 tablespoons butter
1 quart sweet milk
Yolks of 3 eggs

Sweeten to taste and bake. When baked cover with jelly. Make meringue with the whites of 3 eggs and sugar. Pour over the pudding and set in stove a few minutes to brown.

Mrs. Annie McAdam

SOFT GINGER BREAD

1|2 cup lard
1|4 cup sugar
1 cup syrup
2 eggs
2 cups flour
2 tablespoonsful water
1 cup buttermilk
1 1|2 teaspoonful ginger
1|2 teaspoonful soda
1 teaspoonful salt
1|2 teaspoonful cinnamon

Method: Cream lard and sugar, then egg, put in syrup, then spices, then milk, then flour with salt in it. Last put in soda dissolved in water. Make a pour batter and bake slowly. Serve with lemon sauce. **Mrs. Tom Zeigler**

LEMON SAUCE

1 cup sugar
2 tablespoonsful flour
1 tablespoonful butter
2 cups boiling water
1 lemon juice and rind

Method: Mix sugar and flour thoroughly then add the boiling water. Cook 15 minutes. Add the lemon juice and rind then the butter. Stir until the butter is melted.

Mrs. Thos. W. Zeigler

HOT CHOCOLATE SAUCE

2 squares chocolate
1|2 cup sugar
1 cup milk
2 egg yolks
An inch stick of cinnamon or any other flavoring may be used

Melt the chocolate in the upper vessel of a double boiler, adding the milk a little at a time. Cook with the cinnamon over hot water. When scalding hot add te yolks of eggs well beaten and stir until the sauce thickens. Remove the cinnamon before serving. **Mrs. T. W. Cox**

MAPLE SPONGE

1 envelope Knox Sparkling Gelatine	1|2 cup hot water
1 1|2 cups cold water	Whites of 2 eggs
2 cups brown or maple sugar	1 cup chopped nut meats

Soak gelatine in cold water five minutes. Put sugar and hot water in saucepan, bring to boiling point and let boil 10 minutes. Pour syrup gradually on soaked gelatine. Cool, and when nearly set, add whites of eggs, beaten stiff and nut meats. Turn into mold first dipped in cold water and chill. Serve with custard made of yolks of eggs, sugar, a few grains of salt, milk and flavoring.

NUT FRAPPE

1|2 envelope Knox Sparkling Gelatine	1 cup cream
1|2 cup cold water	3|4 cup milk
1|2 cup sugar	White of one egg
1 cup cooked pineapple and strawberries	1 cup chopped nuts

Soak gelatine in the cold water five minutes and dissolve over hot water. Add dissolved gelatine to cream, milk and sugar and stir in beaten white of egg. When cold add the pineapple and strawberries which have been chopped in small pieces, also the chopped nuts. Serve ice cold in sherbert glasses.

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LEMON SPONGE OR SNOW PUDDING

1|2 envelope Knox Sparkling Gelatine
1|4 cup cold water
1 cup boiling water
3|4 cup sugar
1|4 cup lemon juice
Whites of 2 eggs

Soak gelatine in cold water five minutes, dissolve in boiling water, add sugar, lemon juice and grated rind of one lemon, strain, and set aside; occasionally stir mixture and when quite thick beat with wire spoon or whisk until frothy. Add whites of eggs beaten stiff and continue beating until stiff enough to hold its shape. Pile by spoonsful on glass dish. Chill and serve wth boiled custard. A very attractve dish may be prepared by coloring half the mixture red.

MARSHMALLOW CREAM

1|2 cup chopped meats
1 rounded teaspoon Knox gelatne
1 cup cold water
Whites of 4 eggs
1 cup sugar
1 teaspoon almond extract
Vegetable coloring
1|2 pint cream

Put gelatine in 1|2 cup cold water and set on stove. When dissolved add 1|2 cup of cold water to this, then adding the whole gradually to the beaten whites of the eggs. Add the sugar and the extract also beating all the time.

Now, divide this into three parts: Color one third pink, one third green, leaving one third white. In a nine by six pan (which has been dipped in cold water) place the pink cream and cover with half the prepared nuts. On this spread the white cream and cover with the remaining nuts and place the light green cream on this. Slice when congealed and serve with whipped cream.

Mrs. J. Price Chapman

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BANANA SPONGE

2 cups flour
2|3 teaspoonful salt
2 teaspoons Royal baking powder
4 tablespoons lard
1|2 cup water
1 egg
1|2 cup sugar
4 bananas

Method: Mix the flour, lard, salt, sugar and baking powder thoroughly, then the egg, then the water, making a dough. Roll on the board having two pieces. Place one in the pan, then a layer of butter so the other piece of dough will not stick. Bake in moderate oven. When done separate the two pieces of bread placing the chopped bananas that have been sweetened on the top, then put in the other piece of bread, then another layer of bananas. Cut in squares and serve with a little whipped cream on each piece.

Mrs. Thos. W. Zeigler

CHOCOLATE RICE

1 cup rice
4 tablespoonsful cocoa
1 cup sugar
1|2 teaspoonful salt
Butter size of an egg
1 pint mlik

Metod: Boil rice and salt in two cups of water until tender; then add cocoa mixed with sugar, butter and milk. Cook slowly until very creamy. It may be necessary to add more water or milk if it is plentiful. Serve with cream, either whipped or plain.

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CHOCOLATE BREAD PUDDING

1 cup bread crumbs
2 cups scalded milk
1 ounce chocolate
1|4 cup boiling water
1 tablespoon butter

1|3 cup sugar
1 egg
1|4 teaspoonful salt
Vanilla

Method: Add the bread crumbs to the scaded milk and allow them to soak until soft. Cut the chocolate in pieces add the boiling water to it and cook gently until a smooth paste is formed. Add this to the bread mixture. Beat the eggs, add the sugar and salt. Add the first mixture to the egg mixture; then add the vanilla and turn into a buttered baking dish; bake as plain pudding in moderate oven. Serve with plain or whipped cream or lemon sauce.

Mrs. Ernest Whetstone

PRUNE SOUFFLE

1 cup stewed prunes mashed well
1 cup ugar

Whites of 5 eggs
A little lemon juice

Method: Beat whites until tiff, add sugar, then prunes. Put in quick oven and brown slightly. Serve when cold with custard maed of the egg yolks. 1 quart milk, 1 cup sugar, cooked in double boiler and cooled. Figs may be used instead of prunes. May be served with whipped cream instead of the custard. **Mrs. Tom Zeigler**

BLANC MANGE

2 cups milk
1|4 cup cornstarch
1|4 cup sugar

2 teaspoons vanilla
Nutmeg
salt

Method: Scald milk in double boiler. Mix the sugar and cornstarch. Add the hot milk sowly to the sugar and cornstarch mixture, stirring rapidly. Return to the double boiler and cook 30 minutes, stir rapidly until the mixture thickens. Add the salt and flavoring and pour into a mold which has been moistened with cold water. Cool, turn from the mold and serve with sugar and cream.

CHOCOLATE CORN STARCH PUDDING

Proceed as for Blanc Mange, using 3|4 cupful of sugar instead of 1|4 cupful. Cut into pieces 1 square of Baker's chocolate. Add to it 1|4 cupful of boiling water. Stir and heat until smooth and thoroughly blended. Add this to the cornstarch mixture just before taking from the fire. Add 1|2 teaspoonful of vanilla. Mold and serve as Blanc Mange.

Mrs. Ernest Whetstone

ANGEL CHARLOTTE RUSSE

Soak one half envelope Knox Sparkling Gelatine in one-fourth cup cold water for 10 minutes and dissolve in one-fourth cup boiing water. Add one cup sugar. When mixture is cold, add one pint cream beaten until stiff, one-fourth pound blanched and chopped almonds, one half dozen rolled stale maccaroons, one dozen marshmallows cut in small pieces and two tablespoonsful chopped candied cherries. Flavor with vanilla. Turn into a mold first dipped in cold water and chill. Remove from mold and serve with cake.

Mrs. Price Chapman

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BREADS

EVERLASTING BREAD

1 qt milk, scalded or cooked — 1 cup mashed potatoes
1 cup lard — 3|4 cup sugar
1 teaspoonful soda — 1 teaspoonful Royal baking powder
5 teaspoons salt — 1 Fleischman's yeast cake dissolved in 1|2 cup luke warm water
Plain flour enough to make batter as thick as for waffles

Set in warm place and let rise until full of gas bubbies. put on board and knead thoroughlyusing flour enough to make stiff dough. Keep in refrigerator and use for rolls or buns as needed. Will keep about a week if kept cold.

Mrs. J. Gordon Finch

NUT BREAD

1 cup of chopped nuts — 3|4 cup of sugar
1 egg — Small piece of butter
1 teaspoon of salt — 1 cup of sweet milk
3 cups flour — 2 teaspoons Royal Baking Powder

Beat well together. Let rise 20 minutes and bake slowly one hour.

Mrs. D. M. Lockett

BEATEN BISCUIT

1 qt flour — 1 teaspoonful Royal baking powder
1 teaspoon salt (scant) — 1 teaspoon lard (heaping)

Mix with ice water to a stiff dough. Beat or roll until dough blisters and becomes very pliable. Roil thin, cut with small cutter, and bake in moderately hot oven.

Mrs. Hines Hall

TEA ROLLS

1 Fleischman's yeast cake — 1 cup luke warm water
1 1|2 pint sifted flour (enough to make soft dough)
1 tablespoon melted lard or butter — 2 teaspoons sugar
1 teaspoon salt

Put in mixing bowl, the water. Put in yeast and stir until dissolved. Add butter or lard, then sugar, flour and salt. Knead dough until it blisters then roll. cut into biscuits, put a little butter on each and turn half over forming pocket book rolls. Place in well buttered pans and let rise 45 minutes. Bake 10 minutes. This makes two dozen rolls.

Mrs. F. E. Zeigler

CINNAMON BUNS

2 cups flour
2 teaspoons baking powder
1 teaspoonful salt
1 tablespoon sugar
1 tablespoon butter or lard
1 cup milk

Method: Sift together the flour, baking powder, salt and sugar three times. Stir the melted fat into the milk; add this liquid gradually stirring thoroughly until all is absorbed. Turn out the dough on to a floured board, knead smooth to make a firm dough, divide into buns, lay them in a greased pan in even rows just touching and brush over with milk. Sprinkle with sugar and cinnamon. Bake in moderate oven.

Mary Wise Zeigler

PECAN MUFFINS

2 cups flour
4 teaspoons Royal baking powder
1|2 cup pecans
1 egg
1 teaspoon salt
2 tablesponos sugar
1 1|4 cup milk
2 tablespoons melted fat

Sift all dry ingredients together and add the nuts broken in small pieces. Stir in the milk, well beaten egg and fat. Pour into greased muffin pans and bake 30 minutes.

Mrs. R. H. Hudson

VIRGINIA SPOON BREAD

1 cup corn meal
1 teaspoon salt
3 eggs
1 tablespoon butter
1 teaspoon Royal baking powder

Sift meal and salt. Pour slowly enough boiling water to make a stiff mush. Thin with sweet milk until a thin batter and add well beaten eggs, then baking powder. Bake at once in moderate oven about 30 minutes. Serve immediately. Delicious for breakfast, lunch or tea.

Mrs. J. L. McGwier

MUSH SPOON BREAD

1 1|2 cup meal
1 teaspoon salt
2 1|2 cups boiling water
1 1|4 cups milk
2 tablespoons lard or butter
2 eggs or more

Method: Make a mush of meal, salt and water. Gradually stir in the milk and well beaten eggs. Bake in moderate oven.

Mrs. Thos. W. Zeigler

NUT BREAD

4 cupfuls flour
1 1|2 cupfuls nuts
1 cupful sugar
1 1|2 cupfuls sweet milk
4 teaspoons Royal baking powder
Pinch of salt
1 egg

Make this into a batter and let rise 15 minutes. Bake 45 minutes.

Mrs. G. W. Roberts

WAFFLES

1 pt flour
1 teaspoon salt, soda and Royal baking powder each
1 pt buttermilk
4 tablespoons melted lard
1 egg

Sift together all dry ingredients. Add milk, lard, then egg. Cook without greasing iron and greasing first one well.

Mrs. J. L. McGwier

CORN MEAL MUFFINS

2 cups corn meal
1 teaspoon salt
2 cups buttermilk
1 egg
2 tablespoons lard
1 level teaspoon soda
1 level teaspoon Royal baking powder

Method: To the meal and salt add the milk and then the melted lard. Stir in the soda and baking powder thoroughly and turn the mixture into very hot well greased irons and cook in hot oven for about 15 minutes. These are delicious.

Mrs. Tom Zeigler

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JOHNNY CAKE

1 qt of milk in boiler on stove; when hot stir thick with corn meal.

Put about 2 quarts of flour into a pan and mix with 1 cup molasses and 1 cup lard. Salt as for bread and add 1|2 teaspoon of ginger. Pour the meal into this, mix thoroughly and when cool add 1 Fleischman's yeast cake and let rise all night. Mold down in the morning and take off biscuits as needed. Place the remainder of the dough in a cool place until the following morning and again mold down. Dough can be kept several days or until used up.

Mrs. Bertha C. Clark

CREAM PAN CAKES

4 level tablespoons flour
1 level teaspoon Royal baking powder
- level tablespoon sugar
1|3 teaspoon halt
2 egg yolks
1 cup thin cream

Sift together the flour, salt and baking powder; add the yolks of the eggs, the cream and sugar. Beat well and cook at once in a hot, lightly greased griddle. Serve with sugar or maple syrup. **Mrs. Crawford Harris**

DELICIOUS ROLLS

Break up and dissolve in 1|2 cup of luke warm water
3|4 cake of Fleischman's yeast
2 eggs beaten separately
1|2 cup sugar (scant)
1 teaspoonful salt sprnkled into egg whites before beating
1 cup sweet milk
Flour enough to make a sponge

Mix milk, sugar, well beaten eggs; dissolved yeast; then the flour; beating well to get out lumps. Set this sponge to rise in a moderately warm place in a covered crock at 11 o'clock. At 1:30 add 1|2 cup salted snowdrift and 1 qt flour. Work until smooth and put back in crock to rise until 4:00 o'clock. Then roll out smooth on a floured board until about 3|4 inches thick. Cut with a small biscuit cutter and place in greased muffin rings. Smear the tops with melted butter. Let rise until 6:00 o'clock then bake in quick oven.

Mrs. H. E. Quillian

DIXIE BISCUIT

2 cups flour
2 teasponosful sugar or more
2 teaspoonsful Royal baking powder
1 teaspoonful butter
2 eggs

Beat eggs in cup and nearly fill with sweet milk. Mix this with other ingredients. Roll thin; cut out with biscuit cutter, butter and turn over. Bake a light brown. This makes about 35 biscuits. **Mrs. F. E. Zeigler**

BEATEN BISCUIT

8 cups flour
1 1|2 teaspoons salt
1 cupful milk
12 level tablespoons lard
1 cupful water
1 teaspoonful of sugar

Sift into a bowl, add salt and sugar; rub lard well in with the hands then add milk and water, making a smooth stiff dough. Turn out on a floured board. Beat for thirty minutes with a rolling pin folding over the dough as it becomes flattened out. Roll into a sheet half an inch thick and cut out with your smalles biscuit cutter. Prick each biscuit twice with a fork near the centerand bake in a moderate oven for half an hour. **Mrs. J. W. Terry**

PERFECTION MUFFINS

1 cup meal
1 egg
1 large pinch of soda
1 teacupful buttermilk
1 tablespoon lard
1 level teaspoon Royal baking powder
1 |2 teaspoon salt

Add to the meal the salt and melted lard. add milk and ewll beaten egg, then the baking powder and soda. Bake in a quick oven in well greased muffin rings or bread stick pans. Don't have batter too stiff. This quantity makes six muffins or nine bread sticks. **Mrs. E. W. Rives**

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NUT BREAD

4 cups flour	1 1|2 cups sweet milk
1 1|2 cups nutr	4 teaspoons Royal baking powder
1 cup sugar	1 egg
Pinch of salt	

Mix well, then let it rise 15 minutes. Bake in a moderate oven for 45 minutes.

(This makes two loaves.)

RAISIN BREAD

2 cups milk and water	2 teaspoons butter
2 teaspoons sugar	1 teaspoon salt
1|4 cup lukewarm water	1 lb raisins
1|2 yeast cake	

Dissolve yeast cake in 1|4 cup warm water. Add to milk liquid with sugar, salt, butter and raisins and gradually add to the flour keeping 1 cup for thickening. Knead well and let rise to double its bulk. Knead and let rise again, shape and place in greased pans and bake in a moderate oven.

Mrs. J. H. Bagwell

SPOON BREAD

Put 2 large kitchen spoons of meal in boiling water and cook until it is like mush. Put 1 pint of sweet milk on stove and just before it boils add a small lump of butter. Beat an egg into the mush then add milk and butter and one teaspoon baking powder. Bake in oven.

Mrs. C. M. Jackson

COMPLIMENTS
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NUT BREAD

2 eggs — 1 cup sugar
1 cup sweet milk — 3 cups flour
3 even teaspoons Royal baking powder — A little salt
1 cup nut meats — 1 cup raisins
A little nutmeg

Bake in loaf bread pan. **Mary L. Nickel**

EXCELLENT CORN BREAD

2 eggs well beaten — 1 1|2 cup buttermilk
3|4 teaspoon soda (light) — 1 teaspoon Royal baking powder
1|2 teaspoon salt — 1 tablespoon sugar (large)
2 tabespoons flour — Enough meal to make soft batter

Then add 1 tablespoon fat heated in pan in which bread is to be cooked. Bake in moderate oven.

Laura M. Hall

BISCUITS—COLUMBIA-DANA

2 cups flour — 1 teaspoon salt
5 teaspoons Royal baking powder — 1 egg
2 tablespoons lard — 2|3 cup milk

Sift dry ingredients. Add lard. Then mix egg and milk and add to the flour. Knead well (five or seven minutes). Bake in muffin tins. Nuts may be added to the dough if desired. **Elizabeth Sightler, Montgomery**

CALIFORNIA FLOUR MUFFINS

One cup of flour before sifted. One egg well beaten. Add to this one teaspoon sugar, one half teaspoon salt, one half cup sweet milk. Two tabelspoonsful melted butter or lard. One well rounded teaspoon Royal baking powder.

Mrs. W. M. Blakey

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FRENCH PAN CAKES

1 cup flour
2 teaspoonsful Royal baking powder
1|2 teaspoonful salt
1 teaspoonful sugar
2 eggs
1 1|2 cups milk

Mix eggs and milk. Add flour, baking powder and sugar. Cook on hot iron. **Mrs. W. M. Blakey**

BISCUIT

1 pt flour
1 teaspoon Royal baking powder
3|4 cups sour milk
1 tablespoon lard
1|3 teaspoon soda
1 teaspoon salt

Sift all dry ingredients, work in lard with spoon, add milk then roll about half an inch thick. Place in shallow pans and be sure they do not touch and bake in quick oven.

Mrs. J. L. McGwier

BREAD STICKS

2 cups Purful meal
2 cups buttermilk or sour milk
1 or 2 eggs
1 teaspoonful soda
1|2 cup flour
3 tablespoons melted grease
2 teaspoons salt
2 tablespoons sugar (level)

Mrs. J. Price Chapman

CREAM BISCUIT

3 cups flour
1 tablespoon lard
1 level teaspoon salt
1 cup sweet milk
3 level teaspoons Royal baking powder

Sift baking powder and salt in flour. Add lard and milk. Work. Then beat about twenty-five licks. When dough is very smooth roll out and cut into small biscuit. Bake in quick oven and serve hot. **Mrs. A. H. Frasier**

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CANDIES

DIVINITY

2 cups sugar
1|2 cup white Karo syrup
1|2 cup warm water
Whites of 2 eggs
1 cup pecans
Vanilla

Boil sugar, syrup and water until hard in cold water. Pour slowly over whites of 2 eggs (stiffly beaten) and beat until cold enough to drop, add nuts and vanilla.

Mrs. Frank Rives

DATE LOAF

2 cups sugar
1|2 cup water
2 cups any kind of nuts
1 cup milk
Butter size of an egg
1 box of dates

Cook sugar, milk, water and butter together until it forms soft ball in cold water. Add 1|2 teaspoonful vanilla and beat til it thickens slightly. Add nuts and dates and mix well. Pour on a wet towel and roll up. When cold cut in slices.

Laura M. Hall

PEANUT BRITTLE

2 cups sugar
1 teaspoon of butter
1 cup closely chopped nuts

Put sugar into iron vessel, melt, add butter and nuts and mmediately pour into greased pan cut in squares when cooled.

Mrs. J. H. Bagwell

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PRALINES

2 cups brown sugar
2 lbs butter
1|8 teaspoon cream of tartar
1 cup pecans
1 cup evaporated cream
1|8 teaspoon salt
1|8 teaspoon soda (scant)
1|2 teaspoon vanilla

Cook slowly sugar, milk and salt tagether, stirring constantly until it forms a soft ball when tasted in cold water. Then cook a little longer to herd boil stage and remove from fire. Let cool slightly. Add soda, cream of tartar, vanilla and butter. Beat to a soft cream. Add nuts and drop on buttered tins from a spoon **Laura M. Hall**

BACHELOR'S CANDY

2 squares chocolate
1|2 cup butter
1 cup sugar
1 cup chopped nuts

Beat eggs and sugar together. Melt chocolate and butter together in double boiler. Add nuts and 1|2 teaspoon vanilla and beat well. Spread on well greased pan and bake 15 minutes in moderate oven. Cut in squares when cold.

Laura M. Hall

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PECAN KISSES

5 egg whites
1 cup pecans
10 tablespoons sugar
1 teaspoon vanilla

Beat egg whites, add sugar, beat well, add nuts and beat and drop in teaspoonsful on greased pan and bake.

Miss Virginia Reese Smith

COCOANUT KISSES

Beat white of two eggs very stiff, stir in one cup of sugar and two rounded tablespoons of flour. Add 1 package (15 cent size) dry cocoanut. Drop on buttered paper and cook in a slow oven **Mary L. Nickel**

CHOCOLATE FUDGE

2 cups sugar
Yolks of 2 eggs
1 tablespoon butter
1 cup sweet milk
1|2 cup cocoa or grated chocolate
1 teaspoon of vanilla

Mix sugar and cocoa, add eggs, then milk, butter and vanilla. Cook until thick and blubbers, beat until cool, spread on plate or marble slab and work in squares.

Mrs. H. L. Herrmann, Coosada

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DATE DELIGHT

2 cups light brown sugar
1 cup milk
1 tablespoon butter
1 cup graulated sugar
1 cup chopped dates
1 teaspoon vanilla

Mix sugar and milk together. Put on to boil and just as it begins to boil add butter. Let this boil until when tried in cold water it will form a soft ball. Take from fire add vanilla and beat until creamy. Stir in the chopped dates and pour quickly into buttered pan.

Annie Glenn Rives

CHOCOLATE FUDGE

3 cups sugar
1 cup water
1 teaspoonful butter
1 can Eagle brand milk
1 cake Hershey's bitter chocolate
1 teaspoonful vanilla extract

Dissolve sugar and milk in the water. Lay whole cake of chocolate on top of mixture and cook on a slow fire until a small quantity will cream when beaten. Add butter and vanilla and beat until it begins to cream. Pour on buttered platter and cut in squares. **Mrs. A. H. Frasier**

DIVINITY CANDY

3 cups sugar
Whites of 3 eggs with pinch of salt
1 cup of pecans
4 cups Karo syrup
1 cup of water
1 teaspoon vanilla

Put sugar, syrup and water on stove, boil until brittle when tested in cold water, then pour sclowly over the beaten whites. Beat until thick, then add nuts. Drop on buttered platter. **Mrs. G. W. Roberts**

ORANGE DROPS

Grate the rind of one orange and squeeze the juice, taking care to reject the seeds. Add to this a pint of tartaric. Then stir in confectioner's sugar unti it is stiff enough to form into balls the size of a marble. Lemons may be used in place of orange. **Estelle Barrette**

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ALMOND TAFFY

Put four tablespoons butter in a sauce pan. When it is melted add a pound of sugar. Let boil 20 minutes then stir in two ounces of blanched almonds. Let boil together until it creckles in water. **Mrs. Crawford Harris**

SUGAR KISSES

Beat whites of 5 eggs into a stiff frotht, add 1 pound pulverized sugar, and 1 teaspoon lemon extract. Drop on white paper and bake about 20 minutes in moderate oven

Estelle Barrette

CANDY BASKETS

2 cups sugar 1 cup boiling water

Method: Dissolve the sugar in the water and add 2 tablespoons of vinegar after it begins boiling. To test, drop in ice water and if you hear it crack take off at once. Have ready a dish pan of hot water. Set candy in it. Pour out enough candy for one basket on a greased marble slab. Mold around jelly glass.

FONDANT

2 cups sugar 1 cup hot water
1|4 teaspoon cream of tartar

Method: Dissolve the sugar in hot water and add the cream of tartar. Boil to a very soft abll stage. Keep crystals washed down from sides. Pour into a cold wet plate. Cool and beat with spoon until it stiffens and can be molded with hands.

PEPPERMINT DROPS

Place fondant in double boiler, flavor and color. When melted drop from end of teaspoon on wax paper. Add a few drops of hot water if necessary. **Mrs. T. W. Zeigler**

CHOCOLATE FUDGE

3 cups sugar 1 1|2 cups milk
1|2 cup cocoa Butter
Vanilla

Method: Mix sugar, milk, cocoa and boil until it forms a ball in cold water, add butter, beat until cold, pour on buttered dish or marble. **Mrs. Frank Rives**

CARAMEL

1 cup sugar
1|2 cup milk
2 tablespoons butter
2 tablespoons sugar (caramelized)
Vanilla

Method: Cook the milk and sugar without stirring until it spins a thread, add the caramelized sugar and thin the butter. Let stand until you can bear your rand under the vessel and then beat. Add the flavoring and the nuts. Pour up on buttered plates and cut in squares. I use this same recipe for my cakes—just don't cook it quite as long as for candy.

Mrs. T. W. Zeigler

SALTED PARCHED PECANS

1|2 teaspoonful salt
2 cups pecan halves

Method: Place all in shallow pan. Put in oven and stir. Cook until roasted.

Mrs. T. W. Zeigler

CHOCOLATE FUDGE

1 cup sugar
1|2 cup water
1 square chocolate
1 tablespoonful Karo
Vanilla
2 tablespoons butter

Method: Put sugar, water, chocolate and syrup into sauce pan. Stir until the chocolate melts. Add butter just before done. Cook until it makes a soft ball when dropped in cold water. Allow to cool until you can bear your hand under the bottom of vessel before beating. Add flavoring just before beating it. Nuts may be added.

Mrs. T. W. Zeigler

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COCOANUT FUDGE

1 cup sugar
2 tablespoonsful butter
1|2 cup milk
1|2 package cocoanut
Vanilla

Method: Put sugar and milk on and cook until it makes a soft ball when tested in cold water. Then put in butter and cocoanut and let come to a boil. Let it cool until you can bear your hand under the vessel. Add flavoring then beat.

Mrs. T. W. Zeigler

PULL CANDY

3 cups sugar
1|4 cup vinegar
1|2 cup water

Method: Cook until it spins a thread. Do not stir after sugar has dissolved. Flavor while pulling.

COCOANUT KISSES

4 whites beaten stiff
1 cup sugar
1 cup cocoanut shredded (Dunham's)
1 cup nuts
3 cups Kellogg's corn flakes

Drop on greased pan. Let cakes cool before removing from the pans. If made without the nuts add 1|2 to 3|4 cup corn flakes.

Mrs. Grover Latham

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MONTGOMERY

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MAPLE KISSES

2 cups maple sugar
3|4 cups water
1|4 cup butter
1 cup shelled pecan nuts

Cook the water, sugar and butter until a little dropped in cold water forms a ball. Add the nuts, stir until the mixture begins to thicken and then drop in small spoonsful on a greased paper or plate. **Mrs. Pope Foster**

PIES AND PASTRY

JELLY PIE

1 cup sugar
1 glass plum jelly
4 eggs
1 teaspoon vanilla
1|2 pint sweet milk
1 tablespoonful butter
2 heaping tablespoons flour

Beat sugar and yolks very light, add butter melted, pour on scalding milk, return to fire, stirring constantly. Add flour mixed with a little cold water. Cook until thick, set aside to cool, then add whites beaten stiff to which jelly has been added. Whip well into the custard, flavor. Line a pan with pastry, cook until done, fill with the custard and return to oven. Cook a light brown. **Mrs. Robert Argo**

CHOCOLATE PIE

1|4 cake Baker's chocolate grated
1 pt boiling water
6 eggs
1 qt milk
1|2 teaspoonful vanilla

Dissolve the chocolate in a very little milk. Stir into the boiling water and boil three minutes. When nearly cold beat up with this the yolks of all the eggs and the whites of three. Stir this mixture into the milk, season and pour into shells of good paste. When the custard is set, but not more than half done spread over it the whites whipped to a froth with 2 tablespoons of sugar. You may bake these pies without paste in a pudding dish or cups set in boiling water. **Mrs. Hugh Cobb**

SYRUP PIES

Put on 1 cup of molasses with pinch of soda and let boil until it thickens. Five eggs, whites and yolks beaten together with one cup sugar, a little salt and cinnamon, a lump of butter size of an egg and either black walnunts or pecans. Beat all this well and then pour over it the hot molasses. This makes two pies. **Mrs. W. J. Judkins**

BANANA PIE

3|4 cup sugar
2 egg yolks
1 cup milk
Juice of lemon
2 tablespoons flour
1 tablespoon butter
2 bananas

Cook sugar, flour, milk and eggs in double boiler until thick: then stir in butter and lemon juice. When cool spread half on pie crust; then bananas cut fine. Put the remainder of filling over this. Make a meringue of the whites of eggs and spread on top and brown.

Mrs. Wm. H. Perry, Montgomery

LEMON CUSTARD

1 1|2 cups sugar
Yolks of 3 eggs
1 grated rind of lemon
2 heaping tablespoons flour
2 cups boiling water
Juice of 1 lemon

Let sugar and water come to boil and then add yolks of eggs mixed smooth with flour; when thick add grated lemon and juice. Pour then into pan on pastry and then cover with meringue made with the whites. **Mrs. J. H. Bagwell**

MOLASSES PIE

3 eggs
2 tablespoons flour
1 cup of molasses
2 tablespoons butter

Flavor with lemon juice. **Mrs. C. M. Jackson**

CHOCOLATE CUSTARD

1 cup sugar --
2 tablespoons of chocolate
1 1|2 cup sweet milk
Yolks of 3 eggs
1 or 2 tablespoons flour

Mix well, sit on top of stove; stir often to keep from burning. Cook paste in side stove then pour in the mixture and cook in stove a few minutes; put on meringue and brown. **Mrs. Annie McAdam**

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Loeb Hardware Company
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Montgomery, Ala.

CHOCOLATE PIE

1|2 cup sweet milk
1 1|2 heaping teaspoons flour
Yolks of 2 eggs
2 tablespoons cocoa
1 cup sugar

Cook until thick. Put in baked crust and top with meringue.

Meringue:

Beat 2 egg whites until very stiff. Add 4 level tablespoons of sugar. Beat thoroughly; spread on pie and slightly brown.

Mrs. G. C. Gilder

LEMON CREAM PIE

2 lemons
1|2 cup flour
2 cups sweet milk
1 cup sugar
4 eggs

Mix sugar, flour, add egg yolks and milk. Cook in double boiler. When boiling add lemon juice and grated rind of one lemon. Continue cooking until thick enough to stand when dropped on plate. Remove from stove, beat until cool, put in a baked pie crust made of 4 tablespoons of shortening, 1|3 cup water or sweet milk; 1|2 teaspoon Rumford's baking powder; 1|4 teaspoon salt. Use just enough flour to hold together. Beat whites of 4 eggs and 4 tablespoons of sugar until they stick to dish when turned bottom side up. Spread on pie and bake slowly to a light brown.

Mrs. H. L. Herrmann, Coosada

CARROT PIE

6 medium carrots boiled in salted water until tender then drain and mash; mix with

1 cup sugar
1|2 teaspoon cinnamon
1|4 teaspoon cloves
1 quart milk
Pinch of salt
1|4 teaspoon ginger
1|4 teaspoon nutmeg
2 eggs

Having already baked the pastry shell pour in the custard and bake until brown and done. (My own recipe, but mighty good).

Mrs. Dwight L. Clark

STANLEY PAULGER
Photographer
Montgomery, Alabama

LEMON PIE

1 tablespoon corn starch
1 cup sugar
1 cup warm water
1 tablespoon butter
Juice and grated rind of lemon
2 eggs

Beat the egg yolks well then add sugar, warm water, butter; cornstarch and lemon juice and rind, mix well, then boil five minutes. Bake in crust. When done make a meringue of the whites of the eggs beaten until stiff, and 2 tablespoons of sugar spread on top of pie, and bake until brown.

Mrs. Ernest S. Whetstone

TAFT PIE

1 cup sugar
5 eggs
Butter size of an egg
1 teaspoonful vanilla
1 tablespoon flour
1 1|2 cups buttermilk
1 cup blackberry jam

Method: Mix flour and sugar, beat in the yolks of the five eggs then add the other ingredients and put in two pastry lined pie pans and bake slowly until firm. Then put on the meringue made of the egg whites and brown.

Mrs. Lucy Barnette Latham

PEACH CUSTARD

1 box of dried peaches
1 cup of sugar

Cover with boiling water, add sugar and cook this until thick. Make an egg custard with the following:

3 or 4 egg yolks
1 cup of sugar
1 cup of milk
1 teaspoon lemon or vanilla
2 teaspoons of butter
2 teaspoonsful corntsarch

Then add peaches to the crust which has been baked. and pour the custard over this. Cover with meringue. This makes two custards.

Mrs. .J M. Harris

LEMON PIE

1 1|4 cups sugar
1|3 cup flour
Few grains salt
Juice of lemon
Grated rind of lemon
3 egg yolks
1 cup boiling water
1 teaspoon butter

Mix sugar, flour and salt, add boiling water stirring constantly. Cook 15 minutes then add butter. egg yolks, rind and juice of one lemon. Make meringue of three egg whites, one half cup powdered sugar, one teaspoon lemon juice.

Mrs. Wesley Barefield

MOLASSES PIE

1 1|2 cup sugar
1 cup molasses
1 cup sweet milk
4 tablespoons flour
Flavoring
2 or 3 eggs

Mix and bake in pastry lined pie pans until firm.

Mrs. Lucy Barnett Latham

PINEAPPLE PIE

1 can Dal Monte pineapple (sliced)
1 baked pie crust
1|2 cup sugar
4 tablespoons flour
1|4 teaspoon salt
1 egg
2 egg yolks
1 cup hot milk
4 tablespoons butter
2 tablespoons cake crumbs
1|2 cup nuts

Drain pineapple and cut in small pieces. Put layer of pineapple into crust. In a saucepan mix sugar, flour; salt; stir in eggs; add milk stirring quickly. Stir over slow fire until mixture thickens. Then slowly add cake crumbs and one tablespoon pineapple juice. Allow to cool. Put layer of this over pineapple, then layer of pineapple, and so on until crust is filled. Bake in a moderate oven for 10 minutes. Cool and sprinkle over with nuts or cover with meringue and brown. **Mrs. F. E. Zeigler**

CHOCOLATE PIE

1|3 cup flour
1 cup sugar
2 cups boiling water
Vanilla
1 tablespoonful butter
2 egg yolks
About 2 tablespoons cocoa
Pinch of salt

Method: Mix the sugar, cocoa and flour thoroughly. Add the boiling water and cook slowly until real thick. Add the beaten egg yolks and cook slowly a few minutes, then add butter and vanilla. Cool and place in baked crust. Cover with meringue and bake slowly until light brown.

Mrs. Tom Zeigler

CHOCOLATE CUSTARD

The yolks of 3 eggs beaten with 3|4 cup of sugar

1 tablespoon butter
1|2 cup milk
Vanilla flavor.
1 tablespoon flour
2 ozs. melted chocolate

Bake on single crust and cover with meringue.

Mrs. W. J. Judkins

PLAIN PASTRY

1 1|4 cups flour
1|2 teaspoon Royal Baking Powder
Ice water
1|4 teaspoon salt
5 tablespoons fat

Method: Mix the dry ingredients, cut in the fat slightly; then add just enough water to hold the ingredients together. Roll out and line the inside of pie pan, prick it all over with a fork and bake in a hot oven. It is better to place pastry in a hot oven and lessen heat after a short time.

Mrs. Tom Zeigler

COCOANUT PIE

1 can Baker's cocoanut
4 eggs
1 1|2 cups sugar
3 cups of milk and cocoanut
3|4 cup flour
Lemon extract
2tablespoons butter

Method: Drain the cocoanut thoroughly. Mix the sugar and flour and add to it the scalded milk slowly, beating it well Cool slowly until quite thick, then add the beaten egg yolks and butter and cook a little longer. Then add the cocoanut and the lemon extract and place in baked crusts and cover with the meringue made from the whites of four eggs and bake slowly. This makes two nice pies and is delicious.

Mrs. Tom Zeigler

MOCK LEMON PIE

2|3 cup sugar
3 heaping tablespoons flour

Pour 1 cup boiling water over flour and sugar. Add yolks of 2 eggs well beaten, 1 teaspoonful lemon extract, 2 teaspoons vinegar, 1 tablespoon butter. Cook until thick and put in baked crust. Add meringue.

Mrs. Robert Argo

RAISIN PIE

2 cups seeded raisins
1 cup boiling water
3 soda crackers
1 cup chopped nuts
Juice of one lemon and orange

Cook raisins until done. Add crackers and cook until thick. Add nuts and fruit juice. **Mrs. Delia Graff**

LEMON PIE

1|2 cup flour
1 cup sugar
2 cups boiling water
1|4 teaspoonful salt
Juice and rind of 1 lemon
1 tablespoon butter
2 egg yolks

Meringue: 2 egg whites 2 tablespoons sugar

Method: Mix the sugar and flour together, add the boiling water and cook on back of range until real thick. Add the beaten egg yolks and cook slowly a few more minutes. Add butter and lemon. Cool and place in a baked crust. Cover with meringue and bake slowly until the meringue is a light brown. This is the recipe I used and got first prize at the fair. **Mrs. Tom Zeigler**

LEMON PIE

6 eggs, whites and yolks beaten separately. Add to the yolks 1 1|2 cups sugar, 1 1|2 cups sweet milk, juice and part of grated rind of 1 lemon. A small lump of butter. Three tablespoons of flour. Beat whites stiff, add 6 tablespoons sugar, beat well. This makes two pies. **Mrs. D. M. Lockett**

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MONTGOMERY, ALABAMA

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CANNING, PRESERVING, ETC.

MUSTARD PICKLE

4 dozen large cucumbers
1 peck onions
3 large cabbages
1 peck green peppers
removing the seed

Cut up and let stand for four hours. Drain off salt water and mix 1 lb Coleman's mustard, 2 ounces tumeric, 2 ounces mustard seed, and 4 pounds brown sugar. Cover with good apple vinegar and boil about 30 minutes. This will make about five gallons.

Mrs. W. C. Phillips

CHILI SAUCE

12 large ripe tomatoes
2 onions
3 green peppers
1 tablespoon cinnamon
2 tablespoonsful sugar
2 tablespoonsful salt
2 cups vinegar

Peel tomatoes and onions and chop separately very fine. Add peppers chopped and other ingredients. Cook one hour and a half. Store in jars or bottles as catsup.

Mrs. Wesley Barefield

PEPPER RELISH

6 large apples
1 dozen red sweet peppers
1 dozen green sweet peppers
15 white onions

Cut peppers and onions, block apples, cover all with boiling water and let stand 30 minutes. Drain off and add two hot peppers, 1 tablespoon salt, 2 cups sugar, 1 quart vinegar. Let boil 20 minutes. Seal while hot.

Mrs. G. C. Gilder

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AMBER JAM

Take 1 grape fruit, 2 oranges and 1 lemon. Cut them in slices rejecting cover and seeds. Add three times as much water as you have pulp. Let stand over night. The following morning let boil two minutes then let stand until second morning. Then measure 1 cup pulp and juice to 1 cup of sugar and cook until it jells. This quantity should make 12 half pint jelly glasses. **Mrs. Frank Randolph**

CORN SALAD PICKLE

2 dozen large ears of corn	1 large head of cabbage
5 sweet peppers	1 large onion
4 tablespoons of mustard	4 tablespoons salt
4 cups brown sugar	2 quarts white vinegar
2 tablespoons of celery seed	

Boil corn ten minutes then cut from cob; chop cabbage, onions and pepper fine. Mix vinegar, sugar; mustard and celery seed together with the vegetable and boil 20 minutes and seal. (I have added a little carrot chopped very fine. It adds to the color and attractiveness.)

Mrs. Henry Cobb, Sr.

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TOMATO CATSUP

For every gallon of sliced tomatoes add

5 tablespoons salt
2 tablespoons black pepper
1 teaspoon spice
1 tablespoon mustard
2 large sliced onions
1 quart vinegar
2 tablespoons cayenne
1 teaspoon mace
1 teaspoon cinnamon
1|2 teaspoon cloves
1 tumbler sugar
2 or 4 garlic

Boil about three hours slowly. When cool or about cool rub through sieve and stir while cooking.

Mrs. Mary S. Vaughan, Montgomery

GREEN TOMATO PICKLE

1 gallon green tomatoes
2 cups sugar
1 tablespoonful spice
2 pods of red pepper
1|2 dozen onions
3 cups vinegar
1 tablespoonful celery seed

Chop all up fine and sprinkle with salt and let stand over night and then cook half an hour. **Miss Jennie P. Reese**

SPICED PEARS

6 lbs of fruit
1 pint vinegar
3 lbs sugar
Put clove in each side of pear

Let vinegar and sugar boil while pears are cooking in water. Boil pears until tender then drain water off and put in syrup and boil a few minutes. **Mrs. Leon Day**

CABBAGE PICKLE

1 quart raw cabbage chopped fine
1 tablespoon salt
1|4 teaspoon red pepper
Horseradish
2 cups sugar
1 teaspoon black pepper
1 cup grated cheese

Cover with cold vinegar and keep from the air.

Mrs. Frank White

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WATERMELON RIND PICKLE

Peel good thick rinds culling out all the pink meat. Then to each gallon of rind put 1 teaspoon of salt. Cover with water and boil until you can pierce wtih silver fork. Take out and dry on old table cloth. Boil 1 quart vinegar, 2 lbs brown sugar, 1 teaspoon each of mace, cinnamon, cloves and spice. Cook rinds in syrup until cleared up and syrup thickens.

Mrs. C. P. Morrison

CHILI SAUCE

24 large ripe tomatoes
4 cups sugar
3 tablespoons mixed ground spice
4 pods red pepper
1 tablespoon black pepper
6 onions (chopped fine)
4 tablespoons salt
4 cups vinegar
1 tablespoon celery seed

Boil all together two or three hours. Put in jars in a dark closet. **Mrs. Price Chapman**

SWEET PICKLED PEACHES

8 lbs fruit
4 lbs sugar
1 qt vinegar
2 oz stick cinnamon
2 ozs cloves

Boil the sugar and vinegar with the cinnamon for five minutees then put in the peaches, a few at the time with the cloves. When they are done enough to prick easily with a fork take them out, put in the jar and put in others to cook until they have all been cooked. Boil the syrup down to one half the original quantity and pour it over the peaches. Seal while hot. **Mrs. Mary S. Vaughan**

MUSTARD PICKLE

1 quart green cucumbers
1 pint green tomatoes
1 pint onions
1 quart cabbage

Method: Measure all ingredients after cut up. Put in stone jar with gallon of water and pint of salt. Let stand 24 hours. Take out of brine and put in vessel, cover with water and let come to a boil, then drain well in colander or thin sack. Mix one cup flour, one cup sugar, 6 tablespoons mustard, 1 teaspoon tumeric well together; add 1|2 gallon strong vinegar. Stir over fire until thick as cream, put in vegetables and as soon as this mixture boils, seal in jars. If you have the cucumbers in brine they are really better, only you soak them in fresh water instead of brine with other vegetables. Cauliflower is very good to use in the pickle and also the little whole button onions when obtainable.

Mrs. Albert Gresham

FIG PRESERVES

10 lbs figs 6 lbs sugar
1 dozen whole cloves

Peal figs, put layer of figs then layer of sugar until all is used. Let stand over night then cook slowly until figs are done and syrup thick. Put in cloves just before taking off of stove. Put in quart jars and seal. Be sure figs are not too ripe. DO NOT use any water.

Mrs. H. L. Herrmann, Coosada

SWEET PEACH PICKLE

Peel 7 lbs of peaches 3 lbs of sugar
1 quart vinegar

Dissolve sugar and vinegar and let come to boil. Then drop your peaches in for three minutes. Put peaches then in jars and for three mornings pour off the syrup and let come to a boil. Pour the peaches back in the third morning, add in cloves and spice, set aside in cool place.

Mrs. Annie McAdam

PEACH BUTTER

1 bushel peaches 1 gallon peach juice
5 lbs sugar

Method: Perpare the juice and allow it to stand until slightly fermented. Combine peaches, juice, sugar and one half dozen peach kernels. Cook and peck as for apple butter.

Miss Leo Zeigler

SWEET MANGO

Large sweet pickles may be capped, scooped out and filled with the following mixture:

1 cup preserved citron or watermelon rind
1|4 cup preserved orange and grape fruit peel
1|4 cup candied cherries 1|4 cup conserved ginger

Fasten the cup in place, pack in jars, garnish with candied red cherries or orange peel, cover with spiced syrup, seal and process. This makes a delicions sweet mango.

Miss Leo Zeigler

FIG CONSERVE

2 lbs fresh figs or 1 quart plain canned figs 1 1|2 lbs sugar
1|2 cup pecans 1 orange
1|2 lb raisins

Method: Cut all except nuts into small pieces and cook until thick and transparent (about one hour). Add nuts five minutes before removing from stove. Pack and seal hot.

Miss Leo Zelgler

CHOPPED PICKLES

1 gallon cabbage (chopped)
1 gallon onions (chopped)
1 gallon green tomatoes
1 qt green peppers with some red pods (also chopped)

Mix all together then sprinkle with one cup of salt; put in a bag and drip over night. Then add two lbs of sugar, one cup of white mustard seed and two tablespoons celery seed, one tablespoon ground mustard, one tablespoon Tumeric, three quarts good vinegar. Cook until thoroughly done.

Mrs. J. Price Chapman

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TOMATO CATSUP

1|2 gallon tomatoes after boiled
3 onions
5 pods red pepper
2 tablespoons black pepper
2 tablespoons spice
4 tablespoons mustard
3 tablespoons salt
1 pint vinegar
Sugar to taste

Boil until as thick as buttermilk.

Mrs. Henry Cobb, Sr.

GREEN TOMATO PICKLE

7 lbs tomatoes sliced 1|2 inch thick
3 quarts vinegar
4 lbs sugar
1 lb seeded raisins
Cinnamon, cloves and spice to taste.

Soak sliced tomatoes 24 hours in water bucket of cold water with 3 pints of lime dissolved in it.

Mrs. J. W. Rountree, Selma

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PEPPER HASH

2 large cabbages
1|2 peck onions
1 peck green tomatoes

Cut and sprndle with salt and let stand over night. Drain off and then add 1 dozen bell peppers, 1 dozen hot peppers; 1|4 lb mustard, 1 cup sugar, 2 ozs white mustard seed. Cover with vinegar and cook one hour.

Mrs. W. C. Phillips, Selma

PEPPER RELISH

1 1|2 dozen green peppers
3 hot peppers
1 1|2 pint vinegar
1 tablespoon salt
1 1|2 dozen red peppers
9 onions, medium size
1 cup sugar

Chop peppers fine and put all on to boil until tender and seal.

Mrs. Malcolm Graham

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PEAR PRESERVES

Peel and cut 1 peck of pears, run through the meat chopper then squeeze (not too dry), weigh pulp and allow 3|4 lb sugar for each pound of pulp. Let stand over night in the sugar. Next morning put on to cook and when a little more than half done add 4 cans crushed pineapple, 2 lemons thinly sliced. Cook until as thick as marmalade.

Mrs. Frank Randolph

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ORANGE MARMALADE

Use 3 oranges, 2 lemons and 1 grape sruit, using only the juice of the grape fruit. Squeeze out all the juice of oranges and lemons and put all the skins through a meat chopper. Put both together and add three times as much water aa the entire quantity of juice and skins. Let it stand over night. The next day boil for ten minutes then measure and add an equal amount of granulated sugar. Boil for one and one half to two hours and put up as any other marmalade

Mrs. A. W. LeBron

APPLE BUTTER

10 pounds of apples
4 lbs sugar
2 tablespoons cloves
2 tablespoons allspice
3 tablespoons citnamon
6 qts cider

Method: Wash, slice and weigh the apples. Put into a kettle with the cider and cook until the apples are very tender. Pass them through a sieve to remove the skins and seed. Add sugar and spices to the pulp. Cook until the mass is as thick as desired, stirring frequently to prevent burning. Pour into sterilized crock or jars and when cool cover with paraffin.

Miss Leo Zeigler

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TOMATO PICKLE

Slice 1 peck of green tomatoes 6 good size white onions

Put them in a stone jar sprinkling salt between the layers using 1 teacup of salt for the peck of tomatoes. Let them stand over night. In the morning drain off the liquor, boil for 10 minutes in a porcelain kettle in 2 quarts of water and 1 quart of vinegar. Then skim out the tomatoes and onions and throw away the liquor. Put into the kettle 3 quarts of vinegar, 2 lbs of brown sugar. Let it come to a boil and skim and then add 1|4 lb of mustard seed, 2 tablespoons each of ground cloves, cinnamon, allspice, nutmeg, ginger and one red pepper cut fine with seeds removed. Put in the

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tomatoes and cook all ten minutes. Then put away in stone jar or cans as preferred. **Mrs. R. C. Gorey**

PEAR CONSERVE

1 peck pears, peel and core, grind in meat chopper using the coarse attachment then squeeze out but not too dry and weigh. Put into an earthern bowl and cover with sugar using 3|4 lb sugar to every pound of fruit. Let stand over night. Next morning put in kettle with two lemons cut small. When pears begin to get clear or light brown add four cans of grated pineapple of the 10 or 12 cent size. Cook all together until done, then seal.

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CHOW CHOW PICKLE

1 peck tomatoes
12 large onions
2 large cabbages

Cut fine and sprinkle well with salt. Let stand over night. Next morning squeeze well and add:

3 quarts vinegar
4 quarts brown sugar
1 tablespoon cloves
3 tablespoons cinnamon
1 tablespoon all spice
1 tablespoon mace
2 tablespoons black pepper
4 tablespoons white mustard seed
4 tablespoons tumeric
2 tablespoons celery seed

Cook until tender. Put up while hot and seal.

Mrs. F. E. Zeigler

SPANISH PICKLE

2 gallons of green tomatoes sliced without peeling
2 qts vinegar
1 qt brown sugar
2 tablespons each of salt, ground mustard, and black pepper and one each of allspice and cloves.

Mix and stew all together until tender, stirring often to prevent scorching. Put in small glass jars if convenient. This is a pleasant sauce for all kinds of meat or fish

Mrs. R. C. Gorey

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CHOW CHOW PICKLE

1 peck green tomatoes
1 dozen large onions
1 large cabbage
2 tablespoon cloves
2 tablespoons allspice
2 tablespoons ginger
1 gallon vinegar
2 tablespoons mustard
2 tablespoons black pepper
2 tablespoons mustard seed
2 tablespoons celery seed
2 tablespoons tumeric
2 1|2 lbs brown sugar

Slice tomatoes at night. Sprinkle with one cupful of salt. In the morning put in a sack and drip. Boil cabbage in clear water before mixing with tomatoes. Cook until thoroughly done.

Mrs. Price Chapman

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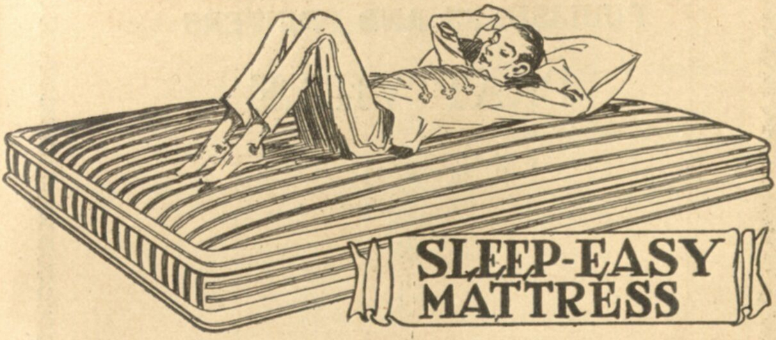

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INVALID'S DIET

BREAKFAST: Cereal with cream and sugar; two eggs; breakfast bacon; toast, or bread and butter, glass of milk, or weak coffee with a lot of milk.

10:00 or 10:30: Glass of equal parts of milk and cream; one egg.

DINNER: Large helping of meat or fish; rice or potato; at least two other vegetables. Bread and butter, vegetable salad, if desired. Glass of equal parts of milk and cream. If dessert is desired, one made of milk and eggs.

4:00 or 4:30: Glass of equal parts of milk and cream. One egg.

SUPPER: Cereal, 2 eggs, stewed fruit, toast, or bread and butter; vegetable salad if desired; milk.
Bedtime: Glass of milk.

—Dr. Fred Wilkerson

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